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Panpoly 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 Dot org dot au

3cr 855 am 3cr Digital 3cr Dot org dot au and 3cr On Demand out of the pan with Sally first broadcasting noon, through one every Sunday afternoon currently Australian Eastern Standard Time. Thanks for tuning in. Thanks for to the crew from out of the blue diving deep for the marine news, as they always do every Sunday afternoon. And, well, it's a little easier today in so called Melbourne aka Naarm to dive in to the water. It's a balmy 20 degrees outside to quote, the B-52s Boys in bikini girls and surfboards and well non-binary people do not carry or wear whatever you want. Most importantly 3cr is on broadcasting from the lands of the cooler Nations on the area of contested or overlapping I should say Bunnerong and Wurndjeri lands and we pay respects to elders past present and emerging acknowledging. And hello to any Aboriginal and Torres Strait Islander people for that matter and any First Nations people listening in from all over the globe and knowledge that all the lands on this large island and most surrounding small ones are in a situation of being stolen and never ceded, and Reconciliation must happen and it's an ongoing process in which we all play A part.

Issues to cover on the show today. Trans medical care. What do you think about it? Are we getting? Is it getting better? Want to talk about that? In the context in event? I had the had the pleasure to participate in yesterday, I had the pleasure and I was at an event as well. Boom, boom. Someone's got to keep those Bert Newton gags going. We miss you, we miss you Bert. And I'd like to thank Patti as well, and most of all also I want to talk about double standards, this is emerged in the light of a couple of debates of it during the week or various debates across all sorts. There's lots of ways to get in touch with the show with your ideas, wanting your ideas on these two topics today. Let's get some Community debate and conversation going out of the pan 855 at gmail.com SMS 6, 1 4 5 6 7 5 1215, tweet at salgoldsaidso and that's the bottom line - a week away from Clash at the castle and look for posts on Facebook on my page. Out of the pan 3cr 855 am Melbourne and also my page Sally Goldner AM, remember any opinions are expressed on this program are strictly my own and not those of any organization with which I am or have been associated.

And remember if you want to do the snail mail thing we are communications diverse PO Box 1277 Collingwood, 3066, possibly content, warning stuff today, I'll say low-level mentions of triggering stuff. So we'll throw in that. Of course you can contact Q life, including switchboard in Victoria and Tasmania 1-800 1845 27 and rainbow door. One eight hundred seven to nine three six seven.

So lots of stuff going on. Let's start with the double standards thing today because what a talk about this, the one that has been the most prominent around planet earth has

been the situation of Finnish prime minister whose hopefully at the start of a long Reign Santo Marron and saddle was there's been this video going around the last week or so of Santa at a party and people going all isn't this terrible

And, you know, just then we had here, we had prime minister Anthony Albanese each. Uh, gonna be deliberate toxic blokey tiny voice there at some sort of musicians event and getting a huge round of applause. And someone else said, let's have a look at not that you really want to have a look at Boris Johnson. There's a man who, you know, was partying in lockdown and seems to have. Well, seems to have wriggled his way out of it. What sort of double standards are going?

On. Now some people sort of have said it today. Sexism, chauvinism misogyny is MM double standard and I think there is at least some validity to that or at least reasonable opinion but I think where people are getting something missed here. It's I think there's age discrimination going on in your scene if you're wise and civil and mature. If you're sitting in a leather chair at the Melbourne Club, coughing a port for your relaxation. But if you're out

Sing at a party and of course perhaps in a same-sex relationship with lots of other women. Oh, no, that's not acceptable. Least that's a possible Theory or the numbers they're off. So got me thinking about what sort of other double standards are there. And here's where I'll give a small content note. We've seen in the last week or so eight days. First, a front-page article in last weekend's weekend Australian. I suppose, I have to

Mention it to say where it was on a person who a trans person who to use the word, d, transitioned and G, lo and behold four days later at particular reporter in nine media, whose name, I won't even mention there's a front page article on the age. Now let's get something clear. First trans people always said, we need to be ourself to be happy healthy and Achieve. Our potential, really? Everyone needs that whether they're serious or trans black or white brown,

First Nations not First Nations and so if when you can safely be your authentic self and I underline the word safely that's a good thing and so I think that there needs to be a careful space for discussing issues of D transition. But where's the double standard in this debate? Why is it that the Murdoch media gives so much space to the one person who D Transitions? And

It looks to me, like there's some pretty glib pre-prepared down pat lines, but do they ever give space to the 99 out of 100 people who go down a trans path and a happy they did that. Do they talk about what I call not? So heavy regret, there is genuine regret in the case, of the people who decide to D transition, but I remember a situation many years ago where a person could not go.

Completely down their path because they were unfortunately site verbally will say threatened by a partner saying I'll divorce you and you know, that not in a kind way. Yes. If it doesn't work out, you divorce but you don't stop someone doing it. The person

may have had their emotional shortcomings, the trans person and maybe the partner as well, but that's not a reason. So there's what I call not so heavy regret, where people often go back to the gender presumed for them based on

On their sex assigned at Birth because of society or from a family or other pressures. And there's certainly been cases reported of that or perhaps because of stereo ironically stereotypes often put across by those who would have a go at us and say, and I'll come back to that double standard on that in a second. And they, perhaps they don't in big inverted, commas look like a woman enough or look like a man enough and this often perhaps of not considered non binary in terms of various parts of

Expression. It's interesting. One of the double standards that was leveled against trans women as if we look really feminine and look like what is more? A lot of society expects of a woman that we're deceivers but if we look too masculine we're told we're caricature. So which one is it? So there's a double standard. So I just got to thinking about lots of double standards on debates. Now, one of them that came to mind, which I put in the promotion for today's program, is this silly idea that minorities have to agree on every Dot

Omron. If we don't were all disunited and no one will listen to us. Well, if we're talking in this case, the minority of trans will assist people don't agree on everything and if we're talking lgbtiq a plus not lgbtiq. I+, don't agree on everything but you don't hear people say well we're not going to listen to non lgbtiq 0 plus people and I think that these things need to get called out in the case of D transitioning. The other thing I'd also want to add is that often we hear?

If there is an alleged, I want to be very careful here, ledged error of judgment on the part of the health. Professional who saw the trans person this lead suddenly to a debate that we should shut down all trans processes and Clinics and whatever else. Now interesting topic a difficult topic and some emotion may come up here, it is the next couple of days the and fourth anniversary of my mother's passing and

And I will say that she might still be here, had not been for Miss diagnosis of cancer by an arrogant, rude health, professional who stuffed things up. Now that is a little ledged misdiagnosis. Yet, we don't see front page articles in mainstream media going on about how we should stop all cancer treatment. You know, if heaven forbid, we would do, we would stop that, of course, but we wear the newspaper articles and when we start thinking about it, I'm sure there are health and medical processes of

So, it's where people haven't got the right, or say, recognition of their situation diagnosis. Can be a judgmental word the first time and have had to go get something else and I'll talk about that in healthcare for Trans people in the next segment. So there's all sorts of these statements. Let's unpack the we all, we all have to agree on everything was, it's a we don't. There's also another layer in lgbtiq a plus communities where it stops group.

Oops like bi and trans speaking up against discrimination within LGBT communities, for years ago, prior to the Victorian state election. I was part of a working group to put together a policy wishlist, I was representing had my be hat on more than Mighty hat and wanted to talk about the issue of by people facing discrimination from elements of gay and lesbian. And in a panicked voice, a prominent female

Advocate in community and somewhat influential said, oh no we can't have that in there, we'll look bad. Well unfortunately sometimes gays and lesbians do behave badly as do trans as Dubai is doing to sex as do humans generally. So the thing is covering it up, means it never gets solved. It doesn't get on the policy agenda, and we don't have a win-win solution and also it implies that the needs of gays and lesbians are more important than by which isn't equal. So, we need to unpack these myths. So I'm asking for your assistance.

Distance today, if you have a myth that you want to mention and you don't have to unpack it, if you can go go for your life. But if you want, if you will have a conversation and see if we can unpack it together, if you like and there's lots of them and I'll talk link this into the topic about health care in the next segment as well. We opened up today. Happy birthday to Shania Twain.

And Man, I Feel Like a Woman a nice gender is sort of track which has a play on words, we love those. And let's have some more music and let's say and as always, there is permission to play are instruments on the show. Provided you do it safely. If driving more using heavy machinery or something, here's a fantastic guitarist. One of the world's best Eric Johnson from the our via musicom album and we're going to Dahlia.

Old England in the Cliffs of Dover 3. CR 855 am 3cr Digital 3cr Dot org, dot a you'lli. See our on-demand out of the pan with Sally.

Hello, 3C our listeners. I'm Giselle Hannah from accent of women and asia-pacific currents and I'm appealing to you to subscribe to 3cr to keep

Cool voices on air. I've been a volunteer and broadcaster at 3cr for over 20 years, and I can say, categorically that radical voices, like ours, that bring you stories of extraordinary, incredible women from across the world leading, Grassroots struggles. Well, those voices just aren't welcome in the mainstream media. You won't hear about the struggle against Samsung's human rights abuses against its workers in South.

The Korea. You won't hear about the plight of the Myanmar resistance against the coup on any other station. At least not the way we tell it here at 3cr. So be a comrade and go to 3tr dot org dot a you forward slash subscribe or call the Station on 94 1983, double seven,

This is David rovings and you are tuned to 3cr. 8:55 a.m. Melbourne Australia step three is finding there's a tactic. When everyone believes it could be true, that of all the people work collectively there. Just might be something we can do and everything can change.

Tracy, I'd 55 am 3cr Digital 3cr Dot org dot. A un 3cr on demand, out of the pan with Sally first broadcasting known through one every Sunday afternoon. Honestly, I pick those messages at random and they just seemed to fit in so nicely with the show where I know where else in mainstream media. Would you hear debates about double standards of reporting of group, minority group issues. So Giselle absolutely right? A great broadcast.

And contributed to gender Equity as well, and more air guitar there on to the acoustic type with David Roberts. And I think I've sprained her wrist air guitaring to Eric Johnson Cliffs of Dover medic to the studio, something like that. So this links in there is a gain, any, I don't. There's any allegations that this show is planned, a totally libelous, but there does seem to be some connection to the themes to the show today.

As I said, yesterday, I had the pleasure and was on a panel for a, the global Health conference as well. As long with awesome trans, man, dr. Nate read. And a colleague from The Royal Children's gender Clinic. Who, and we were talking about inclusive health care for Trans and gender diverse. How to do it properly as opposed to sensationalism from mainstream media. If one thing allegedly doesn't go

Percent right? And it got me thinking what is happening out there at trans health care? I mean, I walked away feeling that some of the questions from the students were getting Way Beyond the 101 of pronouns which is important and is still in my opinion. If you do the hi, I'm Sally. I use she/her pronouns. Just wanted to respect yours. If you use any, which ones are they? Or something showing that respect, it's still a great.

Indicator of inclusiveness and an educated tool for lots of people but there were lots of good questions in lots of detail. I for example when catching up with a transman friend few weeks ago, now he made a really good point here to go for X-rays on something recently and there was a big sign next to the X-ray machine if you are pregnant, do not have an x-ray, no one thought to ask and

And the fabulous night read Who You Don't Take No Nonsense from nobody as the saying goes, you know, sort of, you know, sort of said, well I'm just very out there as a queer and trans man. And the I sort of put the points out there, Trend Newton who was a psychiatrist with The Royal Children's gender team who do amazing work for Trans young people and families despite what anyone else wants to say, in that particular,

Team. And, you know, it was a fantastic piece of allyship from tram of course as part of the team headed by the wonderful Michelle Telfer I do not also though want us, I'm emphasizing the team. I do do want to affirm the pain that people of intersex experience, have with the Royal Children Hospital in the lack of cooperation from intersex health professionals in that they unfortunately will not even provide the state government with the number of intersex.

Born each year, which I think is pretty sad. I don't know how they get away with that, but coming back to trans health care, I'll ask us a lot. Of the questions were really detailed. You know what can we do to be allies? How do we start, pressuring things, high up. How do we get trans more trans content into our sort of medical curricula? There's a good word, the plural of curriculum and so thing is, is it flowing through Chan mentioned, a very important report loose.

Silk, ER, who I think gugu a stood on the show, it's almost three years ago. Now, since the report hurt, the release of her report trans Health Care with a focus on cancer, and there was some sadly, highly transphobic stories mentioned in there and I'm just wondering, are we beginning to get somewhere? You know, is a lot of the change already happening at the Grassroots at filtering out and of course, it's probably not a binary answer, some places are doing well, some not. So there could be differences between inner Metro and then

Things get sort of unfortunately not as good or the further away you head from the in a metro area but of course there's great work, being done in Regional and rural areas in some cases, lots of good people doing good things in Ballarat and Bendigo there's a great group in the in central Victoria called tiny Pride. Doing lots of things at a local level to ensure. Service providers are inclusive, which is always awesome. So, it got me thinking is this beginning to flow through? I mean,

Of years ago, didn't seem like there was barely any mention of trans or lgbtiq in healthcare courses and in one of the training present, a presentations that I did say. Recently, graduated nurse said, Millie, there's now lots of diversity training in there which is really important and so I mentioned that, you know, the linkage to the first segment on double standards is as it's a, why is it that if one trans person is a

Dudley in inverted commas, misdiagnosed or not recognized accurately, there's a big hoo-ha but when other health things, go wrong, what's going on? In that light, we've had an SMS come in an SMS. Message will set on the double standards. Thanks Kayleen also. Sympathy on misdiagnosis of mother, same happened to her adoptive mother, they ignored pain leading to a diagnosis, too late to allow for treatment, and a friend in the, in the 80s. So

You know, that's, that's interesting. Interesting point. So there we are. He is, you know, it's three cases of misdiagnosis in relation to cancer. But, you know, is there a furor about it? Now they probably pour money. Pour more money into research, but don't really fix the problem. So, yeah, huge double standards going on. Lots of double standards, the trans youth double standard. There's always gets me as our, they're too young.

How about these things? But cisgender people who say, who don't question their as presumed gender identity. So, someone assigned male who's happy? Being a boy or someone assigned female, who's happy, being a girl, all your obviously know what you're doing, but there's also this that's blatantly denies, the lived experience of a lot of

trans people. I would affirm that. Your first awareness can be at any age could be anywhere from, you know, three through 293, doesn't matter. And when you act on it, of course,

It is equally valid as well. But so the thing is we are aware of something. Maybe we can't explain things with big adult words, like, trans and gender diverse or something like that, but we know it's happening. But the other thing that that then says is, I'll wait till they're 18. So what we don't know our identity for 17 years and 364 days. And then the awareness very sprinkles awareness over. It's the Night Before Our 18th birthday and we wake up with awareness. Yeah.

So lots of double standards and of course, this affect young people in lots of ways. I was thinking going Beyond Igbtq, i+ about greeted tunberg. There is a young or to win woman on the autism spectrum. G getting a few different bits and pieces you know sort of going there up with the more double you know the more groups we can dump on the more the more that the double standard seem to emerge triple quadruple and

Hen to Born infant Hoople. There's a today's word for the day is infant Hoople. So yeah, let's keep pouring them out there. If you're listening to the podcast later on, if you're not listening in live, pop some messages to me on all the usual channels out of the pan 855 at gmail.com SMS 6, 1 4, 5 6, 7, 5 12, 15 20 at sell gold said, so and that's the bottom line or post on Facebook. Sally Goldner am.

Out of the pan. 3ci 855 in Melbourne, you can either pop it on the show that the post that went up earlier this morning or when the podcast goes up you can look for them there as well. Or just message me and we'll have more conversations because we need to start sort of calling this out or the one going, beyond my experience now. And I'm careful about this is, of course, we had the ridiculous comment, many years ago that Aboriginal people got special treatment. When you consider, of course, what Aboriginal and Torres Strait Islander people have gone through in the last two hundred and forty years and how damaged there have been just repairing that a little tiny bit which is what's happened thus far? It's hardly special treatment, then look at what still happening with Aboriginal deaths in custody. Are really special, not in a good way. Anyway, some slightly, well, we seem to have a bit of a sad moment but I think

Need to reflect an honor, If lost three amazing musicians. But now for actually, in the last few weeks I'm talking Aboriginal and Torres. Strait Islander, of course, the late great Archie, roach, Olivia Newton-John, and also Judith dharam. And it's interesting. You know, sometimes when in inverted commas, famous people died, there's all sorts of debate about them. There's only been positive stuff on those three people one. Fortunately lost someone who wasn't as well known, but I thought had an

Invoice Margaret Urlich and New Zealand. Born singer who had some hits in the late 80s. Early 90s from her album and from her first few albums, at least guilty. People do tide keeps rolling in off the first album, but I've her second album chameleon dreams.

This one sort of being sticking in my head for a week or so, and it's just one about keeping hope and believing in your dreams, and well, Margaret is now,

They with the boy in the moon 3, CR 855 am 3cr Digital 3cr Dot org dot a you and 3cr On Demand out of the pan with Sally

3 CR 855 am 3cr Digital 3, see a DOT, org dot a u3c, our on-demand out of the pan with Sally first broadcasting known through one every Sunday afternoon. Thanks for your company and we just heard from Margaret Alex. Rest in peace, Margaret and have fun with the boy in the moon. Well now that you're floating around the universe, your music will live on thanks to 56 yards like me, I suppose anyway.

Lots of things going on is that I never, never thought I'd say it, but it can be possible. There is actually something worth reading in the herald. Sunday, Herald sun. Today, although Will genuinely give a Content warning and that is that the it's a extracts from the autobiography of Danny lately, former AFL football player and Coach who was in the news will say,

Through know, perhaps choice of her own, but of course has made a triumphant return to the North Melbourne football club and they've done it. Well, dare I say join in the chorus, seeing it one animal. Join in the chorus, North Melbourne's on the ball, all that sort of thing. But of course, all the best to Richmond for their a FLW team season opener down at Geelong this afternoon and for the men's team in the elimination Final on Thursday.

Oh tax. Anyway, seriously, it's a really good article and I think if you do feel safe enough to read that article in the herald sun in terms of the content, if you're a trans person, it does speak a lot to what a lot of trans people have gone through and at a quick look at it. I mean the time that I picked up the paper on the way here and prior to the show starting but I think it is important that we tell the stories of a range of generations. I

I shared a bit of my story from the over lgbtiq, i+ /. 30s conference a few weeks ago. It's important. We support trans people of all ages and quit, people of all ages for that matter and I'll get it out of the way. Now other things, what are coming up next weekend and depending on your time zone, I think it's starts 2:00 a.m. Sunday, morning, clash of the castle. The World Wrestling entertainment's, first UK state,

An event as opposed to a Rain event in over 30 years, go Drew McIntyre. It's time to bring down the head of the table. Okay. There's the in-jokes out of the way, but some are lots of things happening. And I'm, I've got to say that I've been incredibly heartened by something in the last month or so that. Well, I never thought would have happened in something in my own life as I may have mentioned on the show.

Art from long-suffering listings putting up with some of my classic rock music choices. They've probably heard me. Perhaps talk about the fact that I spent all 13 years of my schooling at what calls itself or called itself at the time, an all-boys school and it will

course, it wasn't a pleasant experience. It wasn't a pleasant experience on lots of levels for me and for others, I would hasten to add. But a month ago I had some interesting reports one of the two people who

I went I stayed in touch with after school and out of 75 in my entire year and about will save 15 or 20 in my class. I need to people. I've stayed in touch, with one of those two people went to our 40-year of HSC reunions for those of my era. And for that, for the gal, hey, pull that to year 12, as you would call it all in America grade 12 and he was quite surprised. He didn't think he was going to go,

He just went along and got talking to one of three people who, in my opinion, was a one of three people content note here, medium level mention of bullying, who verbally and emotionally, bullied me, throughout most of what is now called, will forget. The intergenerational learning is seven and eight. And apparently, this person expects seem to express some remorse. So, the person bully. We'll just call the bully be for lack of anything. Better. Had tried to connect with me on.

Dean a few years ago and I just didn't want to know, but I thin did connect with him about a week ago and had a pre-prepared letter sent which express my feelings and I because I was silenced and no one stood up for me that was not a happy time. As I did talk about this arm in my speech that I replayed a couple of weeks ago. And yeah, there was some closure and I've reconnected with some of the good people.

From the school's people who even if they didn't speak up for me, they saw what happened. And remembered. Some of the things that happened to me, which was quite moving. Well, Friday, of course was where it purple day. And by coincidence, I met up with the alumni coordinator for my school for lunch, on the Thursday and talk about well media sensationalism which ties in with double standards it. Now seems that my so-called all boys school apart from myself.

I've had someone who finished five years ago as affirmed a female identity and was initially off my words here, a little hesitant about coming to the five you reunions and was most welcome. And when students found out about the situation, it was, if you have any trouble, you tell us and who's making the trouble and will be onto it in a Flash, so that's quite awesome for me. And I've also heard that this school does have one non-binary student, I'll say somewhere in the senior ranks, just to keep it as D identified as possible.

And lo and behold, I got a picture on Friday morning from the alumni coordinator of the rainbow flag. Flying over the senior School area on where it purple day. And well I'm convinced we can get World, Peace, quality media and a clean environment. If this given that that has happened. Seriously, it's quite remarkable and shows the level of change, but I also think it shows that no matter what mainstream media, certain politicians, a few extreme

Just types and other are. What is it, a wnj types want to go on about? I think the changes, you know, is betting itself down in the queue that Grassroots and it's only these out-of-touch powerful pale. Stale straight male Elites who are trying to make a big deal and, and their lackeys will say, who are trying to make a big deal out of trans issues. When all-boys schools can just easily accommodate this, there's also been a

Three of Melbourne, grammar doing this and I can say very carefully through coincidence. I have met the father of the student at Melbourne, grammar, there's been camberwell grammar Xavier, so we've had four all-boys schools. There's all sorts of non-binary students and trans masks in female schools and they're just making it work. Because their duty of care is to the student. The other students, of course, don't care. I heard from the Melbourne, grammar scenario. When they sort of said, okay, we've got someone transitioning was, yeah. Thanks for telling us but didn't, you know?

What's for lunch sort of thing, which is Boot. And that just shows where the future is going. Who knows? Maybe people like me can go on retire down the coast in a shack and go fishing and play a guitar or something. Seriously. It's just really, really wonderful and important that we share these stories. It's important that we get legislative and policy change at the top level and the politicians of all stripes and colors and ideologies, get off their buns, he's and get it, do it better. But it's

Really important that we sort of keep pushing at the Grassroots because that's where the change has to filter through in the end policy. Talking that school. I remember my politics teacher telling me that what was it policy? Policy represent society's attitudes with a 20-year layer. Now that was in the 1980s before we had internet and social media. Hopefully, that lack has reduced. I think it has and the other good thing that happened in the weekend. I'm in

Well, it's mixed is we actually had a labrum, senior Labour Minister mention lgbtiq. A+ after pressure from greens. And some Advocates declaring that I'm involved in the advocacy group that did some of the pressure. Just equal. Richard miles announced the reversal of Peter dutton's ban on woke morning, teas. And Richard Moll said it is important that we value lgbtiq a plus people a ray.

Three months afterwards, hundred days in and we've finally been mentioned. So that's a good start. Let's just keep it pushing, but it does show that if you push, and you push and you nudge new knowledge, and, yes, it hurts. And there's an emotional labor that we can get things done, emotional labor, as opposed to the Australian labor party or some could say, is they are they both the same thing have a quick breather and then come back and wrap up the show and tell you what's coming up on freedom of species and the rest of the afternoon and a few other things.

Sorry see how I tied. 55 am 3cr Digital 3cr Dot org dot U 3 CR on demand out of the pan with Sally.

The psalmist, nice Center for Performing Arts and Monica. Singson one present, a year-long season of solar and group Odyssey. Dance performances on Saturday, September 17 and 24 that down south and October 1st at Fairfield Amphitheatre. All shows will be accompanied by our live Odyssey music Ensemble. I do see is an Indian classical dance style, that is both traditional and contemporary in its intrinsic nature. Join us for what can only be described as a pilgrimage, where the dancers and musicians, merge together as cobra.

Tickets available via our website. So Hamas, me dot-org. This project has been financially supported by regional office Victoria and creative Victoria. We also acknowledge Dan's house, Multicultural Arts, Victoria and three see our community radio as supporters in this endeavor.

Listen to rock, n roots to a.m. till 6. Every Sunday morning on 8:55 a.m.

Melvin's Community radio 3ci

Maybe the kind of get Moroccan Jews. I'm gonna run away all my Blues where, right?

Seward's, all about gonna rock and roll. Gonna jump back out there, right?

Tracy, I 855 am 3cr Digital 3cr Dot org, dot a you'ii. See our on-demand out of the pan with Sally first broadcasting noon through one every Sunday afternoon. Thanks for your company, 3cr diverse music and culture, as well as you just heard from those two messages and diverse programming as well. Freedom of species up next with Nick and Harley talking pop culture and animal rights. They'll be in the studio on their way, very, very soon in around, if you're listening.

Around 7 minutes time and always a great show that talks all things animal, advocacy animal rights and vegan and vegetarianism and related things. Great work to all the team from freedom of species and what they're winning. It makes me, you know, I'm sort of gradually, I brought up was brought up in the sort of standard household of the times of parents bought in the 1930s, which was the meat potato too.

Wedge type of meal. And it's their work is made me at least try to try some plant-based Alternatives and I think that sometimes my member having a discussion with one of the team from Freedom species, one day about, you know, how we get off it. And also when the show in psychadelic which is now finished on three hours on it to I'm saying is my eating meat, an addiction. They said no it's a habit. Well the only way to change habits is slowly and steadily and, you know, yes.

Swing. I think that the argument to say that from a point of view of animal cruelty is extremely valid, but for some of us who were brought up on meat, it can be hard to change but even one meal where we eat vegetarian? Instead of meat it's got, I suppose make a difference and get a start going. So freedom of species at one rotations at to got

the stuff in there today, and clearing the air at three, lots of great diverse radio for the afternoons listing on 3cr.

Of course, if you're been up all morning since you're listening to rock and Roots Coolio's for you as well. So, I hope you've sort of, there's been some thinking got going today on where we have unconscious bias and why we have it. I mean, in sometimes it is internalized self-loathing in our own rainbow communities and make sure that you tune in. I'm not I'm think I'll be watching Clash at the Castle. I don't think I'll be watching it at 2 a.m. Australian Eastern Sunday morning, otherwise this show could be a triple, triple shot coffee show. Thanks to the lovely people. Next door at era for getting me through the show and doing well, take it out today. With totally gorgeous because it's the anniversary of Martin Luther King's. I Have a Dream speech and totally gorgeous. Put this on their gourd in the ACT album of a couple of years ago and they put some words to Martin Luther King's Speech 2020 was the release of this album as always, great stuff from to the gorgeous gang and we'll take it out today with that check. I have a dream keep dreaming and then what is it, if you build castles in the air, put the foundation's underneath them. As someone once said, thanks for tuning in to out of the pan. I'm Sally goldner. Catch you next week.

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