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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 3 CR dot org. Dot au

3 CR 855 am 3 CR Digital 3, CR dot org, dot au 3 CR on demand Out of the Pan with Sally first broadcasting noon, through one every Sunday afternoon currently Australian Eastern Daylight Savings Time. 3 CR is very much is proud to broadcast from the lands of the Kulin Nations and the overlapping lands of the Wurundjeri and Bunnerong peoples. We pay respect to elders past present and emerging. Hello to any Aboriginal and Torres Strait Islander people listening in via whichever means, and from whichever lands you are on, on this big island and surrounding smaller ones and we acknowledge that all the lands were stolen and never ceded. And that reconciliation is very much an ongoing process. I'm Sally Goldner, I'm your host for out of the pan and it's an exciting one today or for on many levels. Well, party party Zomba Zomba, it's the 18th birthday of out of the Pan actually, to the actual date. It's a packed program. I can't share cake with you over the internet or the airwaves; we haven't worked out the technology behind that yet. But I've got lots of things. We talking with Gavril Alexanders about a queer environment group in the latter, half of the show. But a bit of a first that's only taken 18 years until I go...got my music and liquor license or something. But seriously live music in the show today in the studio today with Ellen James, we opened up with a good track From a wonderful woman as we approach International Women's day and a reminder of 3 CR's, special broadcast on Wednesday. 24, hours of women's programming, Dar Williams and Better Things from the album that was "End of the Summer." We've hit that too, unfortunately, but it's a pretty autumnal sort of day-to-day. There's lots of ways to get in touch with out of the pan. The modern means of communication, you can email out Of the pan 8255 at gmail.com, you can SMS 6, 1 4 5 6, 7 5 1 2 1 5. You can tweet at sal gold said so and that's the bottom line and look for posts on Facebook: my page, Sally Goldner AM and Out of the Pan 3 CR 855 am Melbourne, any opinions expressed on this show are strictly my own and not those of any organization with which I'm associated past or present and snail mail - got something to write in? PO Box 1277 Collingwood 3066 not aware that they'll be anything triggering on the show today but if we do come up with across something will give you the numbers for switchboard rainbow door and similar but yes a very happy show today the 18th birthday and if you can't share cake, share music and it is my pleasure to welcome first time in the 3 CR Studios, Ellen James. Ellen.

Welcome to 3 CR, it's an absolute pleasure to have you in the, in the studios. And well, in one sense, you're no stranger to microphones very, very strange to radio stations, so well, we hope we make it. We hope we make it queer and not stray. Very excited. Thank you for having me and happy birthday. Thank you very much. She's really, really good that this is happening. And

And where to start, I mean, I could say it's a bit like, sort of this is your life. Tell me the Ellen story, but obviously, you're here with your guitar who we will hear here very soon, but perhaps these are slow, but I'll just dive in, you know, sort of, when did you first realize that? Although I love music and I want to sing and play? Yeah, I know it's an interesting one because nobody in my immediate family,

And musical except for my dad you know, he'll he's got his little suitcase full of harmonicas that it will grab out every now and then if someone's playing music. But I think the first thing for me was my grandpa was a bit of a multi, multi instrumentalist Marvel, and he was playing in a lot of black old-time dance bands. Uh-huh.

Stuff. Actually, I think the name of his band was the telstar's. Oh, and yeah, and we found a this amazing suit when we were cleaning out his house. That was like something out of Austin Powers. I don't know. So it was like an olive green so with their kind of frill at the front shirt that was yeah. Bright yellow and a purple bowtie.

And then the kind of that bit in flared pants that kind of, I don't know, at the panel the bottom of flared pants was orange. So it was an interesting Ensemble of clothing so I'm hoping to bring that out at one point in a show. Yeah. And you know just watching him get up and play was very inspiring couple of

Bush dances, I went to and my cousin as well. Who's to play Loud? Music? Solo female. Yeah, I was just this thing that I was like, that looks fun but I do remember my first

My first time singing would have to be just copying my sister. Yeah. Because I could hear her singing and I was like, I think I can do that. So, apparently, I used to sing in the shower a lot. Well, as many Sinners have. Yeah, like, that was my safe singing space. So, yeah, yeah, well the, the shit, the shower rose that the trivia Buffs hose, you know, and The Echoes yes. In the shade in the shower, the trivia buff

Us will probably ask, you know, sort of what the the song was if you can remember. Oh God. I have to. I feel like it would probably be something along the lines of like listening to, you know, the band, Bewitched the Scottish. I think they were Scottish Pop. I don't deny knees. Yeah, so it was pretty, pretty cringy, but pretty

Nice ammonius, kind of things to sing fair enough. Oh, look at that. I mean, I'm sure they'd be listening to you. Cringe at my belly music. Music tastes or real cold out myself and be vulnerable. The first album I was ever given, which I think was by some a great-aunt of some sort was by Roger Whittaker called whistling around the world and it's it's all it's all these songs allegedly

From different countries about with him whistling. So we all, you know, look whatever pedigree we have, in my best Doctor, Phil voice, it's valid. Definitely definitely, but from there, you had to find roll your authentic music in terms of playing singing songwriting any other aspects because we don't believe in binaries. Will always make sure there's all of them. Yeah. What was that Journey about? How did you get? How did I how did it start?

How's it going? Where did you get to it? Almost it kind of just I feel like it was a bit of a natural thing. I really wanted to mention that I went to a couple of bush dances and fell in love with the violin the fish. Yeah. And I remember being like, I'm going to play that one day and I remember going up to the lady who was playing and saying, you know I've I want to be like you someday

And she said something along the lines of, you know, I think you will one day I think you'll play it. One day, I can see it. See it in your eyes and there's a little kid it was sort of like huh? And when I got to high school so I was yeah 13, I wanted to

See if there was any groups or lessons with my own lien and they said they didn't teach at. So naturally went for guitar. Hmm. And then I think it was like the next year or something. They had a fiddle group that went, well, we've already sort of committed to guitar. So yeah, I did lessons all through high school and I think I started writing my own songs. The quality was debatable but pretty much started.

Songs as soon as I had the guitar in my hand there now. Yeah and I think it's important to say that even though I had lessons I am a very by feel fair enough. Yeah. Get musician. I think it just seems to be that the theory behind guitar itself. Doesn't seem to stick. Hmm. So I guess.

Guess what? Is that? Creative creative guitar player? I would call myself. Are not. The main thing is, of course, that it comes from the heart. Exactly. Yeah. And whether it's feel, or whether we use, now a little bit of theory or what a scale is, or whatever is great, but you know, the critical part is coming from the heart. That was a rhyme in it. Not at all seriously. I'm just, you know, it's the authenticity which I think Society in

In all aspects is craving at the moment. Yeah, so playing at school. I mean, imagine that there was some sort of school like performances. Yeah, so we had like, I guess you're what do you

call it? Like it is Talent nights but they weren't called that performant Performing Arts nights or whatever. Yeah and I'm trying to think of my

We actually had a school, we actually had a school, see day when I was in year 7, and we went into there was another local guy around town who had a recording studio, oh wait. And so we sort of went off in little groups and I got put with, you know, someone who's never played in front of people, before I got put in this group with people who were in year 11 and 12 practicing these

Missions. And the first song I did publicly as What a Wonderful World with. Yeah, with a backing band. And I remember I was so scared. We played it a Performing Arts Center in vanilla where I'm from. Hmm. And right off the Mark, I was about to sing and I started singing off-key Just because I was so nervous and I just remember, looking around at

Drama who was, you know, in year 12 at the time being like, you know, what do I do? Like shock horror expression on my face and I just remember him continuing to drum and just sort of nodding at me and you know yeah saying keep going, keep going and I ended up doing it but I remember just being like in two years after what a mess perfectly Fair. It means a lot. You know, it meant a lot.

Not to you all that sort of thing and it would have been really, really huge. Yeah, so that was the school thing. What about, you know, I mean School sorts of things are not there public but they're not totally open to public. So in terms of the say, busking or gigging. Yeah. How long after school or how what when did you start doing that? Doing those things? Well, I think.

I started busking pretty much in year 8. 2014. Yeah. So I started doing little busking at lack, the markets and things like that. Like violet Town Market just down the road and doing doing covers, but predominantly, you know, my own stuff as well, or down the streets of vanilla.

Just to make a bit of money, but also just to test out obviously. Yeah. If this is something that people might like something I can give, give to people and yeah. And then there was this really cool space in benalla at the time called fairholme cafe or wine bar and they'd open it up like once or twice a month on a Friday night. All ages slack obviously chaperoned by your parents.

If you're underage, well said you'd walk through the front and then down a little hallway and out back, there was this awesome space and everyone who was a body or musical at school and everything and their parents would come out the back and see it and then we'd taken turns actually doing LOL live show and that was probably the first time I had a had, a bill, I guess was on a bill. Yeah, that was

Very important and a very prominent time and also so beautiful to have that kind of your family support there but then also just your friends who you hang out with and they're going on as well, it would be nice to have some familiar faces just to look at and yeah, smile at that sort of thing, make that connection as you play and you survived your being a vulnerable little human bean. Well,

Hopefully vulnerable in a good way of honorable can be positive negative and neutral. So, I'm going to hope that it's positive or at least neutral because we're going to ask you to be vulnerable and move over to the microphone one and play something for us and just settle yourself in. And also tell us a little bit about the song and then do it. And also once I hop around and turn get the mic buttons in the right places.

I'm going to come around and have the phone at the ready and we're going to have live still alive. Look alive clips of this happening as well. But just tell us a little bit about the song and just hop into the microphone to do it, but we do peace. So this is probably one of my new ones, it's called pearls. I think it's called pearls, haven't decided yet. But essentially

It's just about living fair enough in this this world that we're in at the moment and I think because my brains is not neurotypical, I find it really hard sometimes to, I don't know. It's really it's quite hard to put into words, I guess that's why I wrote a song but it's essentially about being someone.

Who can't? Who's struggling with the system? Yep, just say affirmed. All right. Okay then. So let's have a listen to Ellen, James live in the 3 CR Studios with pearls any second now and Away you go.

Live in the 3 CR Studios? That's the fabulous. Ellen James and Pearls, let's have a couple of quick messages, reset ourselves have some more chat and another track with Ellen and in the second half of the show will have gather all talking about queer and environment. Stuff. 3 CR 855 am 3 CR Digital 3, CR dot org dot. Are you 3 CR and demand out of the pan with Sally?

Coming to 3 CR, and the 13th of March is rainbows. Don't Fade with age rainbows. Don't Fade with age, presented by valves, lgbti aging and aged care, sharing stories, and information to empower, and Inspire action for all those interested in the health well-being. And visibility of older lgbti plus, people rainbows don't Fade with age on Mondays at 2 p.m. every Fortnight on

3 CR.

The Europe Justice Commission is the first formal truth-telling inquiry into injustice experience by first peoples in Victoria from Monday, February 27, to Friday, March 10. You look, he's

holding public hearings with first people's Witnesses, who have experienced Injustice in the child protection and criminal justice systems. You can watch the hearings online or make a submission. Ian at Urich Justice Commission. Dot-org a 3 CR supporter.

3 CR 855 am 3 CR Digital 3, CR dot org, dot Tau 3 CR on demand out of the pan with Sally and guest Ellen Ellen, James on the 18th birthday of out of the pan to the cake. Well, we're imagining cake but we've got music and all sorts of things happening here. It's it's a pact program with ra on throwing a big party to celebrate 18 years of doing this.

Show, and still chatting with Ellen, James, who just performed live in the three. See our studio with pearls. And just before you went to that you touched on an aspect of intersectionality that you identify as neurodivergent, which it seems more and more queer people are finding that part of them self, which is incredibly, welcome that we recognize all of our self and we need to. Yeah, so it gives me a chance to ask about if you want to talk about which aspect of neurodivergent, it is

Queer Journeys. And also how it effects if it does or, you know, in whatever way your music and singing and writing fire it in. Thank you. I think, I think music is a is definitely something that I found is is my easiest communication skill. If that makes sense. I find a lot of the time. That what's going on in my head I struggle to articulate.

In ways that neurotypical people probably understand and I've been really lucky on this journey, we call life to over over my journey, meet people that I think it's that thing with people who are just that little bit.

You know, neurodivergent or as you said before, to me of are HSP, highly sensitive people. It's easy for those kinds of people to sort of gravitate to each other, they end up finding each other. And that's where I'm really lucky that. I have many communities. In many spaces that are full of people in different different ages different stages of life.

If that will welcome you in whatever capacity you can be there. In if that, if that makes sense, we have to find or a try, but a tribe that affirms us be. And the fact that you have that and are able to get that momentum going is, you know, sort of, you know, really, really important that you can keep building and building and growing as a, I'll say, as a

Addition and as as part of being the whole person and that's really awesome. And I mean, I'm not, you know, the fact you're able to get that going early, I think is so critical and so this is the 57 year old talking. I'm not going to ask your age and less, the tell us 29 you know, I suggest hardly know. Not even I'm sorry. I'm 29 in April. I'm 28. Well, that's roughly. Roughly half on me. What is it 57 in the third or something? If you want to be that a mathematical.

We ex accountant precise and I think that's awesome and that's you know, I think as an older quit, that's what we wanted. We wanted to see the Next Generation be able to have more chance of achieving their potential without having to go through as much poopoo as we did. Yeah, exactly. And I think just quickly I want to touch on the fact that I I have many communities across. Yep around. But one thing that has really

Made me happy to see, is that growing up in a small town? There was sort of a group of us kids over the two high schools. That kind of, as I said, gravitated towards each other. And, you know, we were, we were, I guess the weirdos as in lack the artistic people, the people that were not jocks, not, you know, and we kind of didn't fit anywhere except with each other.

And I was thinking about it and about 95% of those people. Now have been able to come out as themselves, yeah. Whether that's been trans by queer, like all your, all of the things, and it's just so beautiful to be in an environment or see them in an environment where they can be 100% authentically themselves. And

To witness it. I sense a little bit of emotion as he got into. They're totally shared, totally agreed, totally infinitely, affirmed and much, much needed. And that, you know, people like yourself are able to, well, share your joy today with the 3, CR listeners all over. I just almost I think we need to say that and that it. So if you're able to just before you go over to back to the other chair,

Tell us for another track, tell us a little about the set, the other track, you wanted what to do and then we'll and then we'll sort of wrap it up there. Yeah, I guess the song is, I had had a romance over covid, but the way it started was very old worldly. We were writing letters to each other and I wrote a song about it and essentially,

The song is a letter that is explaining, you know, I guess the experience from my eyes and you mentioned before that there was that album album that you bought full of whistling. Yeah, I got some whistling for you in this song. Oh, there we go off. And while it my inner child will feel at home or something. All right, let's Shuffle Shuffle the tears, again. They're not on the not.

The deck chairs on the Titanic by any means. Let's have another track from our guest live. In the 3 CR, Studio on the 18th birthday of out of the pan. Ellen James. All right, this one is called a letter for country and western

Thank you so much, Ellen James for that track. Which just got to get the name thereof? I don't think we got that or if there is it one of those ones that it's yet to fill out its birth certificate so to speak. Sorry. The name. Yeah. It's called a letter for country and western. Well, this whole

country most in fan is very very these than happy to hear it. Thanks, it's a bit Out Of Tune. So sorry about that. Not at all, didn't sound it to me.

So look, Ellen. Thank you so much for being part of the show today and it relatively short notice got to thank the fabulous Queenie, for bringing us together. Amazing. I've worked to keep chatting with you more, but packed, programme got guests in the, in the way. Well, not the waiting room that makes us sound like a doctor's. Something that's not what we like. So, we'll just have a quick bit of music and rearrange things, and then we will talk to gavril. Alexander's Ellen, James, thanks so much.

And we should just very quickly, and you're on Instagram, and I guess Ellen? James music? Yep. Ellen James music and I got a few shows coming up, but Instagrams, probably the best way to keep track fair enough. So if people want to find out where you're kicking, or if people want to book you that's the way to do it. On the instance let's have a quick listen while we set things up to if we're keeping the relatively acoustic e female music going to The Bangles and they're in a Different Light 3. CR 855 am 3 CR Digital 3, CR dot org, dot U 3 CR on demand out of the pan with Sally.

3 CR 855 am 3 CR Digital 3, CR dot org, dot U 3 CR on demand out of the pan with Sally 18th birthday show and prior to International women's day. So woman's music there with the Bangles in a different light. Sorry to cut the Bengals off. But we've got it's a pact program because we've got something very exciting on the queer and environmental fronts and a couple of messages coming in before we get.

Get to our next guest but I've got a message here and I don't have a name but that's all right. We'll just call it a tow. Happy birthday to out of the pound. Ellen, James was amazing, what a voice. Yes totally concur with that and it's great to see someone else has said, it's great to see others doing well. I think I know who that is, but I won't guess to be sure. So to really, really great that we have all these things happening, but there's lots of things happening. Query music is great but queer in the environment is great. And there's a

Deep in the northern suburbs, who what I wanted to have a chat to you today before, because next week, I'm up at chill out and couldn't squeeze it in up in daylesford longtime friend and social justice and similar coordinator, Gabrielle Alexander's, welcome. I think it's fair to say, welcome back to 3, CR. Thanks Ali. It's great to be here. Now you have a very exciting thing happening in a couple of weeks, a group that you start and I think it started in the dreaded weird stuff. Weird times that was 22 waiting into

31 Queen of the Barbie is, you're not John and all I did. I get it and I didn't. It is a tongue twister, so my apologies Terry's. That's alright. It's a sickness called the queer mates, with mates of the

Barbie Janine and Aang Bobby jr. Nang. And it was going to be rushed. Apologies again. No, no excuses. But tell us about it. How it came about what it is and why we wanting to talk about it. Now because you've in the events things, what are coming up

So to speak. Yes, that's right. So yes, it's true. The queer mates of the Barbie gin and Aang started in during sort of the covid. The dreaded covid time. Though, the motivation for the group was triggered, really by the environmental environmentally catastrophic fires in 2019. There were a lot of lgbtiq people friends of mine in my circles that were very

Deeply distressed really about the fires and what had been happening with the environment. And then the period of covid, of course, with all the lockdowns made rendered people feeling quite helpless. Mmm in regards to what they could do to help heal country in the environment. So, what we did is, we started a Facebook group and with some of the easing of lockdowns, of course, we went in and out of

Lockdown. Yeah but the Facebook group started and people were organising to get together as households and do some weeding and to start looking after the grasslands around Faulkner, for the Barbie ginning grasslands.

Got you? Yep, I might just get you to move a little closer into the tip of the microphone as well. Yeah, it look look absolutely. So, I mean, you know, we needed that connection but obviously, yeah, the I mean, it's one of those things that to some extent feels like we've forgotten a bit about 2020. In the horrendous fires started to see you because it went so bat much into the psychological morass that was 2020 and then to some extent, 2021 early 2022.

To, and I think that's, you know, I think that's a, you know, an issue that we need to acknowledge in itself that we're not, you know, still remembering that well enough and, you know, I don't claim to be a climate expert, lots of great environment programs on 3 CR. Like if matters at 11 and out of the blue before us, who I forgot to thank today. I'm at 11:30, and then called sort of in the environment. Freedom of species animal advocacy coming up at 1:00. But, you know, I think

Between the Nino and the Nina, and the moment and because of the fact that we've had the wet, and it's going to get dry and simple language, where you're going to face this risk again. And it's really quite scary. I think, is the first thing I'd like to perhaps get you to bounce off. But the other thing, you know, you are queer, friends. And a in when queer, an Allied and we're not doing identity papers, queer identity, paper checks. And if some just, I might get you to Port as well and as well in your own words, the need for a queer group.

You know, in terms of what you're aiming to achieve. Sure, so absolutely there. The impacts of the fires and also covid one sort of unifying theme on the impacts of those events was on mental health and there was a really strong, you know, sense within the community. And also the media that it had really been a blow to people's mental health with these events. The other thing is,

With lgbtiq peoples. You know, often they wouldn't reach out to sort of mainstream Mental Health Services. They didn't feel comfortable necessarily with some of the kind of medical modeling of distress and it was their view that, you know, that the way that they were feeling with their mental health or certainly speaking for a lot of my friends and people in my circles.

Was that, you know, the mental state of their mental health was due to these external drivers. You know, of covid of the stress of that of that sort of environmental situation, making them you know, deeply concerned and distressed about their future but also sharing an underlying sort of commonality of homophobia and transphobia biphobia Etc.

And so, you know, it seemed a logical thing to be leaning back into the environment to be doing something positive. Therefore, improving one's mental health and it also really spoke to group of queer people. Setting up this, this project. It really spoke to a lot of people who didn't really connect with bar scenes and Club scenes, and might be more introverted, or might have sort of other kinds of, you know,

No interest that have slightly, nerdy speaking for myself, interests in, you know, things like birds and pollinators. And you know, how to get rid of weeds and how to sort of cultivate plants, you know. So I guess it. Yeah. I, when I started it, I thought I'm really probably just going to get a handful of my mates on a regular basis down there, but when the Facebook sort of opened up, you know, I realized that it was really quite something.

In high demand that people really responded positively to and wanted in the queer Community to exist. Yeah, I looked it definitely needed know you've hit the nail on the head. We know that sadly mainstream, you know, spaces may not be affirming of all of lgbtqa+. There's sort of my own self sort of discussing this, with Ellen earlier. We've sort of a trip was discussing with her affair with come a little further on gay and lesbian. But maybe not on bi and trans and

A non-binary or I'm climate begin to use the term trance plus a bit which I think is a way around it for what that's worth. And so this is you know really really good that we have this space but you've got lots of big events coming up in that safe space for the for the group tell us about them with the ones starting just under two weeks from now on Saturday, the 18th of March. Yes so that will be an event for people to come

Along and learn about weeds. So, winter brings with it or ottoman, winter periods. Bring with them. A large range of different sorts of weeds that start to take over. You know, some of those Bush regeneration areas along the Mary Mary Creek. And so our group focuses solely on the Bobby Janina Nang, grasslands along the Mary Mary in Faulkner. So

Every event is held there and it is quite a large area. So you know since since the group commenced we have been actively weeding that site and trying to reduce the proliferation of those weeds over a long period of time if you get them at the right time before they seed it reduces you know how many are there and you do that every single time they're ready to seed and over the years you sort of see this gradual Reclamation of native.

Indigenous plants taking the place of where the weeds are. So the weed Workshop will be helping people to identify what weeds they need to Target. There will also be smoking ceremony as well. That will be held prior to the weed. Workshop, commencing cool, and the were Andre land Council will be undertaking that. So, yeah, it'll be a great opportunity for people to get

Get an introduction, you know to the landscape there, get also the the background and the information on the significance of country, to the wondering where Andrew people as well on the day. And yeah it's a meet other Igbtiq plus people who you know, are really interested in Bush regeneration and improving the biodiversity along the Mary Mary Creek. Yeah, which is needed? I mean it's

Lovely part, but it has, of course. Well, suffered neglect under in the last. Where are we? I'm nearly 200 years. Thanks colonization, not. And if I can be a little dry, sort of tongue-in-cheek, dry humidity, Etc. You know what, what a damage to it and just to have that little bit of repairing that sense of togetherness, what? It's the environment? The sense of respect for our Aboriginal people bringing all those things together is just absolutely awesome.

Awesomeness. Yeah, now it has been really fantastic and we're getting really strong positive feedback from participants in in these workshops and there will be sort of. I think we've got six coming up over the winter period. And also on the Facebook group people will sort of, you know, say I'm going to go down to the grasslands and do some weeding today, or I'm going to stake some of the new plantings and things like that. So,

People can connect via the Facebook group in between the events, but the events are really good sort of opportunity for people who might be really like brand new to the group and want to learn some skills and the basis of the group, you know, is a lot of skill sharing. We really invite people to share their knowledge about, you know, the Flora and Fauna of the area as well. So sounds, absolutely awesome. So yet the very quickly

Because we're just getting to the end of the program and I better wait for Freedom off species you know sort of 18th of March is the smoking ceremony in weed Workshop. Just get a time and a specific location for that if we could. Yes. So all of the events started 11 a.m. to 1 p.m. and there will be also food and refreshments available on the day that people with the turn up and the location is the Barbie

In Danang, grasslands, that Faulkner. So that's right. Along their merry, merry bike trail got ya. So Duke Street is, if you people can identify where it is by looking at the map and there's Duke Street in Faulkner. It's at the end of Duke Street, fabulous. Alright, 18th of March is the first event. There's then events coming up in May June August and September but we'll put links and things into the podcast. Keep our listeners. Informed Gabrielle. Thanks for coming in at short notice.

And having a quick chat as part of a pact program, got to leave it there. Otherwise they'll be fingers wagged at me and take because I'll take freedom of species time. Take it out today. I'm coming in next week live from chill out Carnival and one of the events at the whole chill-out weekend, involves the fabulous, Michelle Parsons and his one of my favorite tracks of hers called Burnin, which please do that if you are burning off your weed in a safe way. Thanks Dylan James. Thanks to Gavril Alexanders, for being fabulous, guests on the 18th birthday of out of the pan. I'm Sally Goldner have a cake filled week if gluten-free or otherwise and I'll catch you from Chillout next week.