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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 and 3 CR on demand, welcome to out of the pan, a show, covering pansexual issues, knowing no boundaries of sex gender or on and on occasions, musical genre, we can be pan genre as well. I'm Sally Goldner. I use the pronouns she and he, and I'm your host for the hour from noon, till 1:00 every Sunday, 3 CR proudly broadcasts from the lands of the Kulin nation and we pay respect to elders past present and emerging hello to any Aboriginal and Torres Strait Islander people tuning in, whether it is on Wurundjeri and Bunnerrong lands and or any lands at all and welcome to any First Nations listeners all around the world and we acknowledge that all the lands were stolen and never ceded. Welcome to listeners of all genders including but not limited to ladies and gentlemen and there's lots of ways to get in touch with the show and there's going to be lots to talk about on the show today. If you want to get in touch with the show out of the pan 855 at gmail.com SMS 61 456 751215, tweet at [salgoldsaidso](https://twitter.com/salgoldsaidso) and that's the bottom line and look for posts on Facebook out of the pan 3 CR 855 am Melbourne and my page. Sally Goldner, remember any opinions I express on the show are my own. You can also write in if you need to at to PO Box 1277 Collingwood 3066. Now there will be some topics that may cause people some concern today. So we will acknowledge the numbers for Qlife, including switchboard in Victoria and Tasmania.

1800184527. We have the Family Violence number for queer people. 1800 542 847. Rainbow door. 1800 729 367 or SMS 0480 017246 because we will cover topics such as family violence, including intimate partner violence, mental health, and alcohol, and other substances. So, there is all of that today. But there is there for a reason; because I have an amazing guest who's waiting on the the zoom lines to join me to share us a story, someone who was on the show, was over 10 years ago and got in touch with me. And well, we're just going to share the story. It is a pleasure to welcome back to the 3cr airwaves and someone who's been on many shows on 3 CR, Koby Bunney, Koby, welcome back to out of the pan.

It's like being at home, it's good. It is use, you know, you were chatting just before you came on. And you've been on a number of shows on 3 CR for lots of reasons. I mean your I think I might just start by checking in a which pronoun to use. I'm going to say be which lands you're on and then see perhaps describe a little about yourself and as much as you want to about very subparts of your identity because I think that's going to be really relevant.

Well, I am a he or his, and I like to acknowledge the land that I'm on at the moment in the grampians, which borderlines water around, and we were wrong and pay respects to Elder's past present and future, which is mainly important emerging, I identify as a queer male. I've been done a lot of things in the past. I've done, I've been the convener of the Australian mental rights and human rights law reform.

Coalition, convener of equal of Bella wet. One of the members of a club Melbourne. I've opened the first Pride Center in Australia, which was in Bella, actually, and I had to do it out of my own money because back then it wasn't an issue that was funded and it wasn't as like Grassroots I guess. And just done a lot of issues campaigning around and advocacy, and lobbying around issues, generally around human rights. And

Basically just trying to get word out there at one stage. I was on top of the gamers, a lot of people listening, I will know, and I fell down a slippery slope after a numerous reasons which we'll discuss during the show. And I feel like during s actually mental health, awareness month and domestic violence awareness month, and it's not spoken about enough. And especially men, the queer Community. The transgender Community, is just a spoken enough in the mainstream in

The queer Community. We have a we have like a kind of like a reputation for a pat on the back you'll be right mate. More have a teaspoon of concrete and harden up but that's not the case. When someone says something maybe that's just scratching the surface but if we dig deeper, you know who's going through something, literally everyone so it's about being kind absolutely, let's go back there a bit. So you mentioned all the great work that you were doing on so many intersectional.

Fronts in terms of queer and mental health. And now it all seemed to be, you know, just sort of rolling down the road nicely. We you know, I'm with hindsight, you know, perhaps you know, was there something that perhaps began, you know that perhaps started that slippery slope that you mentioned. You know what happened? Tell us just dive into a little more detail about that on those sorts of things.

Yeah, well, I think I'll stop by with like, with how I was doing a lot of stuff, and I was doing what. So, when I started in Melbourne, it was kind of like the ball was rolling in the inner cities Babble, I like to call it and then when I chose to take it back to my hometown in Ballarat, I describe it like a beach and the beach was just like sand and then slowly Water started coming in and then it's settled laughing in a wave. And then I'll started

Surfing on the wave and then I've got knocked off the board kind of thing. There's a thing called cancel culture. I remember one time we that I organized a Q&A session at the Ballarat trades Hall. And someone told me what was going to happen to me. And I didn't believe I took a pinch of salt like that and I guess like oh, you know, in a way I guess.

In hindsight it's actually a good thing because I always said, my job is to make my job obsolete. Mmm. Yeah and but at the time it was very hurtful I was criticized for a lot of different things. The main reason why I resigned as president was and the bailout Pride Center was basically because I wanted everyone to have a children's working with children is chick and I guess that was just the base.

The base thing. But I think there's already some buildup thing behind that net was just the thing that caused that argument not a argument was just like a disagreement with people and saying why and but I just thought as a president you know it falls back on me. So I just chose to step back and but then I got a big criticism and it was just a bit of so then I kind of got really hurt me at the time. Hmm.

In hindsight, like I said, my job was to make my job. Absolutely. And it is and Bella, right? Still doing great things and I still watch. I see so many people doing great things and so I'm happy that my job was obsolete but at the time it was really hurtful. Like I spent a lot of money spent a lot of time and really it was really hard. Like I remember being attacked for doing this stuff. Once people realized, who I was from newspaper articles in the local media

Yeah, someone come at me with the tire iron and try to attack me and I went through all this stuff. So just being kind of pushed aside that kind of hurt and also to have been beaten physically beating down in domestic violence relationships, then losing partners and then I guess everything kind of got on top of me and there's a bit of burn out there anyway. You know, I can, I can understand the burnout I can understand will say,

Say the divisions and lateral hostility within rainbow community. So a long-suffering listeners have heard me. Talk about that. From first hand perspective on many an occasion, but it just seems, you know, it almost seems so ridiculous. I mean, you've got to have working with

children's checks, it's just got to happen yet. Someone objected and you got pushed aside. It just seems I was a bit. I felt a bit bewildered when I heard you say that, I don't deny it. I just seems absolutely bizarre that.

That sort of thing is where it started. But yeah, I think I think that I think there was because I was like I said, there was a one of the amateur TV host that does a lot of things in Ballarat at the moment. And like this whole me and I just took it as a drunk because afterwards after the Q&A, we had some champagne and that and Monday. So I paid for the drunk tool that told me that I was not going to be needed to know more. So I think there was an underlying things where people would kind of just wanting to go out and do their own thing.

And so the platform was there created and they'll ready to just kick off and do their own thing and they had done. And like I said, I'm not doing this without with any album, Bad, Bad reasons or anything like that. I'm doing it with love not hatred, and I actually, really respect what people do in Ballarat still, but there is a bubble there. And so, like, the inner city bubble, those talk about this kind like a bubbles. So, because

It's really accepting their now but now I've got to after all the stuff that I've been through, which we talk, we're going to talk about yeah. Now come up at out on top and I'm just at the newest member on the board. The Advisory Board of the grampians community health. Yeah, yeah. So I look and I think that everyone needs to hear that, look no matter how strong you seem, no matter how much media attention you get, like, I was just named in the top ten.

Marriage. Equality activist, along with people like Joel crease for your nose. Little old me from Ballarat, I couldn't believe it, you know, so at at the time, like I was asked to up on top and I got knocked down and then knocked down to the bottom and then like like I said, it hurt at the time it hurt for a couple of years because I was reading criticism and it felt like I felt like I was being a raised but I can't be erased. Let's be honest, I'm a bit late for that. Well yeah, not

Like you know. Yeah. Look we you know, people have tough times they get pushed down a bit and I'm not just saying that. So the shows about your guests and the listeners, it's not so much about me but I can just in, I will put in a personal Point here. Yeah, I know what it's like, but the thing is there you were, you were, as you say surf surfing along and then you know well you got it. I'm not a surfing expert. I think it's called a dumper.

You came along? Yeah, maybe a few a few in a row and things started to sort of push down hill. Kobe. You know, it's yeah. What began to happen I guess you know when you hear something so much you start to believe it. So the may look the main message is like be kind to each other

but most of all be kind to yourself because I guess I was started being unkind to myself and I started believing what I was reading. I started feeling

Disappointed in myself. So then I went to drinking alcohol and smoking cannabis, and that was a really slippery slope because that just gave people bit more ammunition and then it was just like a role on affect and it just turned into a cyclone. It was funny because some of the things that I spoke about 10 years ago on the radio show with you. When I was conducting an independent inquiry for the state government into unexplained deaths in the psychic service system with Gregory Oak, Emma for

Her deceased partner who actually committed suicide. Just if people are distressed by that, please contact some of those Services, we mention. Yeah, but go for it. Yeah. And so like the services that will creating I end up finding myself using which is ironic, I guess, so I guess people need to know like okay, you might you might be, I might have been on top of the world. I thought let's have felt like I was on top, I felt like I was doing so much good that then win it all just stops. It's

Like whoa, what happened but I guess it's like what really helped me was zooming out in the end but after drinking alcohol. And that was like a Band-Aid. Just because I wanted to forget about it all and I turned it into a bit of a, like, I would say, I had a bit of a lot of people following me around everywhere and everyone started drinking, and it was just a bit of a party. So young and

I guess that was a feel-good kind of yep. Many case it was like is like self-medicating kind of. Yeah. And I guess into our winter doctors, I didn't realize that I didn't realize what I was doing and I didn't realize how bad it was getting.

And I've seen on dr. Phil the other day, he put up signs that of alcohol abuse. But I got a really am just say like when you actually in that position those signs they're all valid and it all correct. But when you in there you make excuses and you don't actually see some of the designs like the signs like having troubles with your relationships with other people. I put it down to, okay? There's just - thing until I got

Out of it, I didn't say that alcohol was actually a problem. Like, it was interfering with family relationships, so you might, then there might be a textbook, but everyone's different and everyone needs person, says, who care? And a holistic approach. Yeah, and I think, in my case, like I said, it was self-medicating, but then all of a sudden I used it as an excuse, but then I found myself. Like, once I reached out for help, I didn't realize how bad I was. The only

The thing that got me to realize how bad I was drinking was when I went to doctors in a blood test my liver, I done a blood test and on my liver results, came back and no over 1,000 or something. And so, I was actually physically killing myself. Yeah. And can I'm not a medical expert, but, you know, will say in a healthier state where should that, what number should that would? That number be in a better range? That's actually namakkal. Like, it was way way, like, the doctor was actually shocked to hire.

Wow. Yeah. And then so then I started to try to stop drinking alone and I realized I couldn't do it now. Yep. Yes. So I had to reach out and I had to speak to the doctor and they had to get her a thorough and at the start it was kind of like, oh, I'm doing it. But then I also felt like, all right. I'm doing it for everyone else, but it wasn't until I was in the process that I realized I'm doing it for me. I don't care. Whatever else. Yeah.

What in the end you've got to put every person also has to live their own life but you know a way that doesn't harm anyone else, of course let alone themselves and you can't have other people's expectations or pressures whether you've created them or they've created them on you because you had to get yourself back to a better place. Absolutely. Yeah. Well, there's some things are in your control and there's some things that are out of your control. So what's in your control, is your opinions, your reasons, your actions, your reactions, you can't control other

People's opinions, you can't control other people's thoughts. You can't control external factors, or you can do is just try to be your own Champion, your own cheerleader, I guess you don't need anyone else to do rely on anyone else to give you that support rely on yourself is probably another good message to get out there because you, like, literally, even if you have Partners, even if you got family, but you're going to be the one that was your whole life with you. Your

The only person that's gonna live your whole life and know your own story and know your own medication or your own way out like my the way I got to get off the Cannabis in Elko would probably be different from a lot of other people. So I can't say, I can tell people what I'd done. Please don't say it's going to help. Well, yeah, the thing is every little idea. It could be, that could be, this is exactly why we're having this conversation. Something that you say could be that Difference Maker for someone else. So please tell us more about

What began to turn these things around so that you began to get to a better space.

I guess so I started. So when I went to the doctor and talk like we got deliver results, then we done a referral to a drug and alcohol counselor during it was during covid. And so it was

basically phone appointments and the lady, I was speaking to for three months or four months, she retired. And then I had to go to another one and it was kind of traumatic in herself and she'll tell you her name is Katerina at grampians Community Health and she'll tell you that when I first met her

When I first spoke to her, she rang me three times and she was actually about to close my case and I answered the phone and just luckily and I said to her, I'm just Google me because like I didn't want to go and tell that whole story all over again. Yep. But in the end in the end I did, but I guess because if I had a said to her, I done all these things in the past as she probably would have thought or schizophrenic on top of everything else because you got someone coming.

So much alcohol, dependency and cannabis dependency. I guess they're gonna be thinking. Okay, you saying this stuff? But I don't really believe you, but I'm just going to take it and she said that herself. She goes, she was glad that she did. Because then she was like, oh, okay. She looked more about me from that and down to standing of me, I guess that kind of turned into a relationship building. Then I done about nine months of outpatient,

Went with her and her nurse. Yeah. And daddy involved stuff like and at one point I was actually embarrassed about it. So I keep a journal and I was looking back in, we're doing ten minutes, okay? So don't start drinking until 12:00 and then make it extra 10 minutes every week we'll and see if I can go extra five minutes. And yeah, like I was I was looking at the clock like never before and it was like I was at school again, waiting for the school bell to ring.

And and so like, I look back, and I was actually embarrassed about it one stage, but now I can see that was part of the journey. Yeah. But then, when I went into detox, I would've done to students in an inpatient as an inpatient and like, you get taught a lot of life skills and mindfulness. And, yep, I've got to be honest. Like, there's this little, I like about detox as B. I don't like, I think that's the case with everyone.

But I was lucky that it only took me, so I done detox once for alcohol. Once for cannabis, and both times, I went in there with the mindset that that was it like. And when I was in the detox, I would say to myself, I would sit there looking at the building and thinking, I don't want to be here again. Like I don't want to be coming and doing this again. So so the bags barristers kind of kicked me in the back side and made me think maybe. Okay.

Okay, I'm and I got home and I didn't drink, I was lucky, I came back to my family home and so everything was gone out of the house. That was to do with alcohol and anything was gone out of the house to do with cannabis. So I had had steps in place. I could have went out and done

stuff and got back on the drink. Will go back on the Cannabis, but it was just, it was just a matter of the you know how saying I was embarrassed about.

10-minute breaks, and the five units. And yeah, that's like that although that prepared me kind of, It kind of prepared me to get to the point where I stopped. And I remember the day, I went to detox for alcohol. The nurse had to drive me in there to be two people in case I went into a seizure and they actually told me it was they pick me up at 7:30 and they told me to have a drink before I was actually left. I was surprised about that. That was in case I

Into a seizure. It could be dangerous while driving, but that was my last drink. And I was going to do something like to do something symbolic like to put all my wine out and all that. But then I thought no because every time I look at the spot where I'm going to work, took it out. I'm going to think about it. Good. So then I just end it. Yeah, so I just actually just let my family, throw it all out when I left

And yeah, like I was lucky to have support and I think that everyone deserves the support and it supports there, but like I said when people kind of ask you, are you okay, how you doing? And I bring up the problem. So bring up the problem but scratch the surface but they don't dig deeper the end. If someone is having a enough, if you care enough about someone I just encourage people to dig a bit deeper and to see what is driving that tractor. What's what's that?

Underlying issues. Yeah. Just dig a bit deeper because everyone's worth it and whoever's listening, you're worth it. Yeah. And having self worth is one good part of stepping forward. Yeah, I can I ask you something right there, Kobe. I mean, when you dug deeper, what did you find? What was underneath the surface for you? Yeah I found I found that I was, you know, like when you watch a soap opera,

Ha. And that there's a tiny little problem and they fixate on that for the whole episode. Yeah. So like a melodrama. Yeah. So I was worried I was reading in a book one day and I said turn the melodrama into a melodrama so I was kind of like putting my head like every time I would be thinking about something little. I'll be like all right don't sweat the small stuff here. I go again with Days of Our Lives and like eventually I started laughing at myself.

So at the start was forcing myself to do it, but eventually I just start giggling like I'm sorry, I'll turn that melodrama into a melodrama. And there is like basic emotions with, oh God, I think they're serving embarrassment fearful, happy sad grief and but if you unpack that and there's a real, I might share with. You might be able to put up on your Facebook page. I will of emotions and you can actually unpack it too.

What's the cause of that emotion? And then you can relate that cause to an event or what's going on? And you can unpack it into smaller. You can make it small as small as you. So, you know, the cycling, when you go to Hurricane, you got the camera, the storm. Yeah, I tried. If I find myself thinking about bad things, I try to put myself into the camera, the storm. So I actually physically take a step to the right sometimes, and just going to the can

Storm and kind of just grab myself and just, and then when the storm moves, I just try to move with the storm, like, the indigenous, people used to migrate with the weather. I, migrated with the weather, with the hurricane, but that seems like inside my head fair enough. Well, so, I mean, that's I mean, that's a hell of a journey that you've sort of managed to leave behind those two substance issues. But okay, I don't give you a very high. I mean, I mean, even just, you know,

No. I mean people might sell the five minutes extra thing. I mean it makes sense. You know, you take a small step. It's you know, people let's say someone very different somewhat different things. Someone has an exercise for a while so they do the big news resolution by the gym membership. I'm going to go five times a week. No, don't just go for a walk around the block first, then to walks around the block, and then go into the gym or something little stairs. It's so obvious, but it obviously worked, and it creates a habit. I'm going to throw one in here. There's a great book called

Habits, which is about which really explains habits and what to do and what to not do. I'd really recommend it to people for a lot of things and you know, you build a better habit, you've just got to start by taking small steps. So yeah, I did that, it's easy to think about it and like I'm the like a bullet, a gate sometimes. So I had to put myself back in so like I walk my dog and my actually my dog thinks he's taking him for a walk. These taken

Me for a walk at called out most okay. Yeah, I started with just doing a block and now I'll do five blocks, I'll walk around the whole town because in this town is only 500 people and that's another thing I want to get out there is, you know, like with medications and stuff like that. To give you to get off, alcohol or to stop the Cravings. There's one called Naltrexone and it blocks the Cravings from the back of your brain. Yeah. Dirk looks acceptors.

And when you're in a remote area, the doctor only comes once a week and when you have to get the medication, you have to bring in advance so they can get the medication to the chemist or you have to drive to the nearest town, which is quite a way if you're drinking and stuff. That's not a good idea. I'm just gonna put that one differently at different and yeah, and definitely, even

if you're smoking or using any substances, don't drive. I never, dude, thankfully and so like there is a

There is a problem with look and I know the federal government's talking about issues like Vapes and stuff like that, and trying to get them on prescription. And so, look at the moment I'm trying to quit smoking this. That only substance I've got at the moment but they're trying to make it prescription only so trying to get an appointment with the doctor who only comes once a week is kind of difficult. And then getting the medication is kind of difficult. It's not like Melbourne, where you can go to the pharmacy, down the road and if that's closed, you can go to

Do one up the road. Yeah, yeah. So sometimes you have to get stuff posted to you, for example. Yeah. So extra challenges, you know, I've that intersectionality of read. But anyway, yeah, so that brings in. You got to have for thinking so you got to make sure. Okay. Can't your medications when you go to the doctors and make sure you put your, you know what you've got. So then you and make sure you account for that time if you're in a remote area or

If there's something preventing you from, even if you're in Melbourne, or Ballarat or anywhere, I feel like Weiland wherever you are, is there something preventing you from getting there for think? And so plan it out, so that when you go to doctors, you can get repeats or you can get enough to get you through to the next appointment. So, make sure you book your appointment that day for the next time. Yep. And make sure it's forward-thinking. It's called a bit of adulting. Think the thing we

Do you have to do sometimes? So yet look it is really important to you know to think that through I'm here on out of the pan on 3. CR 855 am 3 CR Digital 3, CR dot org, dot a. You I'm Sally golden your host. I'm chatting with Kobe bunny. There's other parts to a journey as well, and I've got by total serendipitous coincidence. I'm sitting here with this piece of paper, which is a paper called, tell us what rainbow mob need in Family Violence.

Services. And as honestly came to me from the great 3, CR team here, they said, could you give this a mention on the show this week? This was before we agreed to do the interview yesterday? So the universe can work. It does. So very quickly, just want to mention this and then I'm going to Lon young, let you say why this is relevant to you rainbow mob, who feel Family Violence. Need support services where they feel safe and understood. We want to know what, but more about what rainbow mob, need to feel safe and supported.

By Family Violence services and PWC indigenous Consulting and Family Violence Victoria working together to make change. So you can do an online survey. There's a yarning circle or a

number of yarning circles, and that's why I want to mention this today. So who can participate, you need to you two need to be a rainbow mob person, who is experienced Family Violence, and we want to make sure that you are safe from Fe. And so if you're not currently at risk, you can be involved. Now, here's the thing.

Ng yarning circles are coming up this week, Melbourne Monday, the 8th of May if you're listening live 10:30 to 12:30 another one in Melbourne, Tuesday 9th of May 10 to 12, 30, Ballarat Wednesday, 10 10th of May 10 till 12:30, July Ang Thursday, 11 7 at 5:30 to 7:30 in the evening. And again in Melbourne on Friday, the 12th of May 10 till 12:30 and there's a number of numbers listed here. So it's a, you know, it's a clearly these things are happening.

But you unfortunately on on intersections have been through this very difficult situation yourself. Yeah. So I went through domestic violence and with a another man obviously as a gay man and I guess men don't feel really comfortable in talking about it. I've been like we've done a lot of work with black fellow writes in the past as well. So you know, I've been in lucky enough to be involved in some of the

Shouting circles and a course, done the voice. So we done and meeting and a video just to Center for her to state government. And one of the things was was just creating safe spaces and wearing the rainbow pins, especially at, in remote and Regional areas and for government agencies. So people can feel comfortable to say, hey, I am Korea in whatever, whatever part of the spectrum you fall under. Yep. But also to having a space where people can

Is going talk. So like I know in town close to here called still and they have got like a, you okay bench and it's painted rainbow as the table. We can just go sit down. And you someone sitting down there, you can go and talk to them and because there isn't that much Services out here so we do need services in remote and Regional areas. And we do we needed more meat in a city suburbs and but also to training in

Existing organizations. I know when I first went came out with my domestic violence and I went and sought help. I went to cast and as Community something, something family services and they that when I realized I was a victim, they said they couldn't help me because if I went to the support group because I wasn't a woman, I would intimidate the women. And because if I went to the male 1, it was mainly

Hepatitis and that could trigger me. So you had generating that awareness in there and there's a lot of retraining needs to be done. We have even though within detox centers the detox center I want to there's a lot of cultural appropriation for indigenous communities that needs to be

brought into the training, an existing staff members kind of could go through some retraining and with the lgbtiq community I'm just the language people.

I'll use and the need for truthfulness awareness and understanding. So, having access letting people know that, you're welcome, lucky yesterday. I went to a town and on will worst have got the rainbow and transgender flag and said, you're welcome here, which isn't something that's everywhere here and I thought that was really cool. But wouldn't that be really good at Caps or somewhere risk? We're all different Services where they provide already. So,

Sister Family, Violence, victims, or perpetrators, because let's be honest. Perpetrators are people too, and they have got issues that needs to be worked on because they're still people. They need to be helped as well into breaking that cycle. If we want to break the cycle, will go to work with the victims, but we got to work with the perpetrators and I know that it criminal system is overloaded with a lot of stuff, which is, yes, people do need to be held accountable, but prevention is always better than cure.

Sure, absolutely. Yep, I agree with that. And I mean, unfortunately we there's a few things coming out of your, you know, your thoughts. Thus far, first of all, look as someone who does lgbtiq a plus training in various forms including in Family Violence, the heteronormative cisnormative sort of lens is there now? Yes the vast majority of Family Violence is cisgender heterosexual and out what I'll call it an element, the element of badly behaved sis hit me.

Perpetrating on to cishet women but it can anyone can be a victim. Anyone can be a perpetrator and when people like yourself are falling through fell through the cracks so to speak that's disastrous because it's not help. You know it's not helping doing that prevention, we're not learning and you know we need you know, we need that person, centered care so totally agree with you on that. So yeah, totally agree on the need for training and there was something else that came out.

Of your your comments are that was also equally relevant but you'd been through this difficult stuff and I'm you know, I'm not I'll say someone with, I'm not someone with lived expertise of intimate partner violence. Although I've experienced lots of horrible stuff but it's not I know enough to know that it's not easy to break out of that cycle and where you're at, where you're at if you are in an intimate partner relationship and on the receiving end,

Yeah, and because when you actually in that situation and as intimate partner violence, actually a really love that person and you really, you want it to be better. And so, like, I remember sitting in a courthouse, numerous times with charges being laid and him, pleading not guilty or guilty,

without admission of guilt or something like that. And I remember sitting at the neighborhood Justice Center in Fitzroy, actually, and I remember sitting there in the judge looking at me

That being in there so many times and you just and now I feel like a fool sitting there doing it, but if the court hadn't have just given us SEO and and I had of said, okay let's go and mandated some prevention and some stuff from the perpetrator. There could have been a lot of difference made them and if they had a referred me onto, someone is had a been a service available for me to go to at the court. They could have referred on at that stage as

Well, because now I know if because I never actually rang the police myself and I know that neighbors always called the police, but I know now you can't actually drop domestic violence charges. So you have to go to court. So instead of just slapping someone with a good behavior, Bond or jail time or something, like that, there should be some programs that should be help offered. There should be some ones who call up and you know who's like really reiterate and even if it has to be me.

Guided if people aren't wanting to do it but you can't really look. I was living with a partner and we had it was a videos put on my partner for me so he couldn't do nothing to me. I wasn't supposed to be in the same house but yet public housing gave us a house together, you know? So doesn't like if it wasn't for father, Bob when I was actually kicked out of the house or there was violence going on here, let me stay in the community. So now and I

Have to say rest in peace to him but yeah but yeah but if it wasn't for him and let the lady who was actually helping him I would have had nowhere to go. But and then like I was in putting to some Vincent hospitals a lot of time and Aboriginal liaison officer, worker should come and see me. And she'll be like oh what's going on? And she has saved me so many times and I remember when I was invited to the governor's generals House of Victoria for the Ida

International Day against homophobia, and I think you're there. Yes, yeah. So remember us actually bumped into it and she goes, I can't believe that you're out of it. And she was so happy for me and like, that, that kind of was a good feeling like, okay, she because she saw me every couple weeks going in there, and when she'd send me home should be like, you know, going back, I'll be like, nah and, you know, I'll go back and because really like when you're in family boss, you get cut off from

Yes, you're so your social interactions with people you get cut off from your family. Like I didn't have a phone, I didn't have a wallet at one stage. I wasn't allowed to leave the house for a bit and I was even putting into hospital and had to have major operation from scar tissue. That

formed a band around my lower intestine signs of kidney from being kicked in the stomach too much. And so, I had my stomach cut from my bellybutton to my hoo-hah.

Fine. And they ripped open my abs and I remember waking up from the surgery, and I showed me a picture of all my organs and it made me spew. I'm like, I don't, they want to serve me account to Darryl back in there, but, you know, so, but even after that, because the doctors told us that that's what it was from, he didn't like that. So I discharged myself early because he had an argument with the doctor and he didn't want to stay there and because it was putting bad things in my head and then when I got home, they gave me pain.

Occasion and the pain medication was very strong and so I was actually physically sick from it and I said I don't like that and so he thought okay then I don't like it so he actually took my tablets so I actually got through that from Panadol and European and actually I had stitches to my stomach when the next occasion of ours happened. And he kicked me right in the stomach with the stitches in that open. So, you know, and I still wouldn't back because end

That was like, my friends were his friends and my family was his family because I don't speak to my family to my friends, so I was isolated completely. Yeah, and yeah, I had to try to when I decided to leave because I opened the shopping but way and just outside of Bella, right? Yep. And it got to the point where I was actually hit with the chair poured with gasoline, and try to be trying to talk me into the fire. And so,

Any actually? Yeah, so I won't go into it the other bit because it might trigger some people but if that doesn't yeah yeah I will, I will just pause there and mention once again, 1-800 1845, 274 Q, Life one, eight hundred five, four, two eight four, seven for queer supportive Family, Violence and rainbow door. One eight hundred seven, two nine three. Six seven people please reach out for assistance. If you need it these are difficult conversations. They need to be had we need to

Get things into the open, excuse me. So people can reach out for that support and get it and get back to the life. But you know, you certainly have been through the ringer Kobe because I was going to say, I remember the person who sat in this very Studio, you know, 10 or 12 years ago and was just so confident and yet you went through this. Well, hell and yeah, you know, and you know and because I was so involved in all these campaigns and lobbying and stuff as I said,

I felt like I couldn't speak out because I thought I was gonna have the queer Community. I thought I was going to handle mental health work, that was being done and like, you never know that would, you know, you don't we don't know what's going on. I think there is it also brings in

another issue which I think is the lack of support for prominent people in queer communities that we're almost expected to be perfect in one sense, but also that we can't show any vulnerability.

Cuz our communities are perhaps looking up to us and we need that support. But where do we, where do we get? It is and I'm perhaps Bridging the personal in with your story there but I think it has to be spoken about. So don't lie and like I'm like I said people who are in prominent positions. I know for a fact, I know a lot of people who are prominent in their queer community and I know that a lot of them have their own issues and we speak regularly on Facebook or on a phone.

And we speak amongst herself, but a lot of people they don't feel comfortable in coming and saying it publicly because there is that expectation of being perfect. But and is like, I guess just might sound a bit, a bit crude or knock heard. But I think when you're actually in a prominent position in the queer Community, you feel like you're owned a beaut and there's, like a sense of ownership, there's a sense of ownership. And so, if you expand to other areas,

People who look, like, why are you going out there and doing that? Well, actually, it does. If it's because we are affected by things as well and we're affected by being in the media. Don't forget, we get, like when equal our first started and there was not much momentum and it was basically people saying, are you wasting your time. And there was a lot of there was a lot of backlash from people when I took it back to Bella, right? Like I said, I was attacked with. Someone could come up with the tire iron when they

Realize who I was, because I didn't identify with their cultural background. And I didn't even put that out there in the public because, and a lot of, a lot of when I try actually tried to put it out there in the public, actually, a lot of the queer media didn't want to put it in a lot of the organization's didn't want to mention it because I didn't want to put a Bad spin on it. Yeah. But so that that kind of like, makes you think, okay? All right, I'm going to have

Um, the issue. So I'm not going to talk about it but we up we're still people and we might be doing stuff and but you you and you never know what people are experiencing but you know who's going through something right now. Literally everyone. And she said, yeah, yeah, Kobe, we're just, we're coming towards the end of the show. I mean, there's just so much to unpack here, and I mean listening to your other podcasts and, you know, talks that you've done, people keep saying, we need to do another podcast.

Yes, but I do want to, without, you know, total, I'll say that. I totally affirm the difficult Journeys you've been through. But, you know, you as I say, you've, you know, you've, the sausage is

come out. The other end of the machine, where is life that now, I'm a better person for IT. Yeah. Like I said, as if you learn, if you, if you make mistakes, if you are going through hard times, I learnt more from my failures, and the hard times that I did when I was succeeding.

And if you're learning, that means you're growing. And that means you're living. And like I said, I'm glad I woke up today and I really want everyone to go out and get a gratitude diary. Yeah. And try to list something fly things every day that they're grateful for. And you know what? You might have less some days, you'll have more. But as eventually you're consciously start finding that you're looking for something that's positive and you won't be focusing on negative things. You won't be focusing on what's out there this -. And then when even in my journal,

Used to be did, Ari, oh just happened to me today, so pretty and me and now it's more, more positive and the Law of Attraction says people what you look for you're gonna get. So I just encourage everyone. Just be grateful and also too big to be kind to yourself. Don't rely on anyone else to be calling for you. But be strong and if you're not strong people like us will be strong for you until you are because in find someone that you can talk to so they can be strong for you. Yeah.

Yeah, absolutely. So you know I think we should do another line. I think we're going to have to, at some point, you know, sort of because there is so much to discuss that we, you know, we could have touched on. We've got about five minutes of time left. I do what? Just want to give a quick mention. If people are listening to 3 CR as they are heading towards trades hall, for the May Day rally, a big were who to you as you head down there, it was interesting on the little made a snake.

Lattice design by that. We got to promote this. Then there is talk of improved services and Care, increased funding for Aged and Healthcare. Yep, definitely. All those things amongst many others. But Kobe, you know, where you know, I mean, you're in the present now. What are you doing? And, you know, do you have any new new goals in any area? Anyway, you know, what's where does you know we, you know if you know Ideal World where you know,

No, we all want to keep improving as you say and that can be pulling back from difficult stuff to get to a better place. But then getting to a really better place. What would you like to do? What would you like? Where would you like to be? Well, now I'm out of all that parcel. I've done all my canceling psychiatrist as and I've had time to reflect upon that. Now, I want, I want to actually keep start off. I've started gender diverse, domestic, violence, awareness, Australia, and support.

So I'm actually just waiting for my certificates to start doing stuff. I'm working with the case, manager and nurse on a support group online, but kind of gender diverse support Australia's number one. And also to, like I said, I was, I'm now a new member of the grampians community health Advisory Board and also looking at going into peer support

So yeah, I will and I want to be an advocate still look, I'm still Advocate Heart, Like I said, I'm a bullet ago and I've got I've got I've got a lot of experience in. Like I actually won't want to make people feel like they're worth it. I want to make let people know that they are worth it and I want people to know that there is help and if there isn't let's make it. Yeah, look absolutely sigh look. I-i've had been jotting a few notes, you know, it's things have come up which I'm going to take.

Away with me you know and I do definitely send in that we love emotions. I not sure I've seen that one and I think that's it that's really given me a bit of a, hmm lightbulb sort of moment so I'm sure it will give our listeners and others they, you know, boost. So I'm going to put links and things into our podcast of the show. Yep. Which and if you want to share that domestic violence video to. I think that might be helpful young, but I will say there is a trigger warning on there as well. Yep. Because it is confirmed.

Well, we do dig deeper and like I said, we're kind of scratch the surface. I could talk about it all day but Jesus were would return before we finish. Well, yeah, and we do have to get the Fab crew from freedom of species in to talk animal advocacy at 1:00 rotations, at to, and queering the air at 3:00. So we've definitely got all of the threat, the shows on 3 CR. We can't quite to it. But there is so much to talk about and it is, I think it's

Important. We talk about the things that you say to Family, Violence Awareness Month, mental health awareness and we are in Idaho bit months, so it all sort of comes together. And these are the things that we need to talk about. We need to talk about the challenging stuff, as well as celebrating moments. And one moment I do want to celebrate, not so much your story, we have all councils in Victoria. Flying some sort of rainbow flag on Idaho birthday this year, which is an amazing achievement. Well done to all the council's and also to

Those involved in queer and local government. Particularly Sean McKay who I know has pushed this really hard. Yes, Victoria. He's trying and I can actually want to share. I can remember the first time, Ballarat cancel flew the flag. I actually got photos of me. I was the first person to raise the flag out but he then met Linda coats. Yeah, so I was really proud though because a school where I was actually at had had a fight when someone was being homophobic to me and I thought back they wanted me to

To leave because I was inciting violence. And but that day, that day might, that's cool flew the rainbow flag. So you know, there is change happening and like I said make it and again, I just want to say, you're worth it. Absolutely, we'd better leave it there. Kobe. Kobe. Hang on a sec while. I just one down the show and get the last track going. Thanks so much for your, for your time, freedom of species coming up next and next,

I'll be chatting with Laura McLean, which will sort of sort of have some bounce off, Soph code a bit of Kobe's life. So tune in for that one, everyone take it out today. We opened up today with appropriately with Becky Cole and Life Goes On, which I felt was an appropriate choice. And I've got to take it out today though. As a tribute, we lost one of Australia's great musical talents during the week, Broderick Smith of many bands, Carson and Dingoes.

Big combo and many other things. And so I wanted to take it out today with a classic track from products, myth from the Big Combo album of the late 1970s the tracks called My Father's Hands but it's probably best known for lucky to be an Australian that tagline. So I'm going to go out with that one. Koby, thanks again for your time. Just hang on a sec while I get the track rolling and we'll just finish it up in the meantime, everyone Thanks for tuning in to out of the pan. I'm Sally Goldner. Catch you next week.