13. This is what we've got

**Pauline**

You're listening to Rest is Survival. A 12 hour special for 3CR’s Disability Day broadcast. 3CR is proud to acknowledge the Wurundjeri people of the Kulin nation, traditional owners of the land from which we transmit people powered radio.

**Jen**

(singing) Oh, those butterflies when I look into your eyes. (speaking) Is that good enough? Yeah. Yep. And I'll turn around a bit so I can talk to Phil. There we go. (singing) Oh, those butterflies, oh. (speaking) Yep.

**Jen**

(Fat Chick by Jen Frank)

I'm a fat chick. Just a fat chick, shouldn't make a diff. But it does. I'm a fat chick. My body's way too thick, shouldn't make a diff. But it does. Skinny chicks. They find it easy and men, they find her dreamy, life for her is sunny. Because she's such a honey. How many times have I heard, just for image we chose her? I might be a better singer. She's like Kate Middleton. She's a dead set ringer. Oh, oh. I'm a fat chick. Just a fat chick. Shouldn't make a diff. But it does. I'm a fat chick. My body's way too thick. Shouldn't make it diff. But it does.

Skinny chicks. They find it hard, from bulimia to anorexia, models removing their ribs. They start them off when they're only kids. Body image creates pressure. Try to create a made up treasure. Magazine's air brushing children with bodies that are way too thin. Fat chicks we find it tough. Sometimes we eat too much. Medication makes us fat. We're judged because of that. Guys wanna be our mate. So it's hard to find a date. It sucks when guys screw up their nose when they check us out from head to toe. I'm a fat chick. Just a fat chick, shouldn't make a diff, but it does. I'm a fat chick. My body's way to thick shouldn't make a diff, but it does. Oh.

**Ajak**

Yes, great.

**Jen**

Yeah. Okay, ready?

**Jen**

(Phone In The River by Jen Frank)

Gotta throw my phone in the river. This Twitter page is so appealing. What I write is so revealing, but you don't want to hear what I say. Some day I’ll walk away. My Facebook profile took me years to create a story for your ears, but you don't want to hear what I say, some day I’ll walk away. I gotta throw my phone in the river. Gotta lose my laptop, fixed forever. I don't care if you think I'm unstable, gonna smash my iPad on the table. My Instagram has many pictures of my food and household fixtures but you don't want to hear what I say, some day I'll walk away.

I swiped right, swipe left. I think your name is Jeff. But you don't want to hear what I say. Someday I'll walk away gonna throw my phone in the river. Gonna lose my laptop, fixed forever. I don't care if you think I'm unstable gonna smash my iPad on the table. I make believe have 1000 friends but all you do is type and hit send. But you don't want to hear what I say Someday I'll walk away. I get caught up in all the hype. I wish I was this popular in real life. But you don't want to hear what I say, someday I'll walk away. Gonna throw my phone in the river gonna lose my laptop, fixed forever. I don't care if you think I'm unstable gonna smash my iPad on the table, gonna throw my phone in the river gonna lose my laptop, fixed forever. I don't care if you think I'm unstable gonna smash my iPad on the table. I'm gonna throw my phone in the river.

**Jen**

(Butterflies by Jen Frank) Can't help but flirt when I look in your eyes, when you smile I get butterflies. Ooh, those butterflies. Held my breath when you walked in the room, when you smiled I started to swoon. It was a social night, we were with friends. When we talked I didn't want it to end, went for coffee and we had so much fun. When you smiled your face beamed like the sun. Put my head into a whirl, I wish I could ask you to be my world. Oh those butterflies. Look into your eyes Butterflies, those butterflies. When you smile your face it shines, it's all too soon to say how I feel.

When we're together my body reels. We might be friends at the end of the day. Do you feel the same? I wish you would say. Picture perfect like a work of art. Your soft voice melts my heart with a start, your beautiful face leaves me in awe. Body form shape like a demigod. Ooh, those butterflies. When I look into your eyes. Ooh, those butterflies. Ooh, those butter, butt, butt butt, butterflies. Ooh, those butter, butt, butt butt, butterflies. Ooh, those butter, butt, butt butt, butterflies. Ooh, those butterflies.

**Ajak**

Welcome to International Disability Week celebration. This is a special day today for people around the world, people who got somehow in any way they are. And it is important that this day is acknowledged. And it is so important as well to raise the morale of the people with disability really.

**Ajak**

It is very important because people, we have problem all over the world. People aren't tolerant to any kind of something different to them. And I think the title of this show is called, "This is what we got". And actually it was a word from Liza Holme. She put her head head down and say it during her performance and say, "This is what we got". And I think that it's important as a coloured person or Black person as well. We deal with that all the time. And it's really important that people be tolerant and inclusive. And so having said that, we celebrate this particular day, beautiful day. That was amazing artist here in the studio. And I want to start with a Jen Frank. Jen, you sing a song, the first song you said, can you tell us about the song? And why you've written it that way. The lyrics?

**Jen**

Well, the first song that I sang was a song called “Fat Chick”. And I wrote the lyrics because I get abused sometimes in the street just for being overweight. And I was called a fat b\*\*\*\*\* at some point in time. And this is just myself owning my body shape. And it talks about body image and the issues that society brings upon people who are too skinny, who are too fat. And it really shouldn't matter.

**Ajak**

Yeah, and it appealed to a lot of, too many people. I mentioned that before, people don't want to see something different. We don't tolerate very much. And I think it's shown in that and, so if this is your way of coping with this negative attitude toward people like you.

**Jen**

Yes it is a way of coping, but it's also getting out there and just saying, "Well, this is me, deal with it".

**Ajak**

It's not your fault.

**Jen**

No, it's not. Well, it is partly, you know. Food in the mouth goes on to the waist. But I've always struggled with my weight ever since I was a child.

**Ajak**

That's why I said, it's not anyone's fault really. So what does music mean to you during the lockdown? Did it help you in the positive way? Because we had a lot of problem. You know, it was very difficult time for us too.

**Jen**

Yeah, lockdown was quite difficult. I watched a lot of football. I don't think I missed an AFL match, I just immersed myself in that. And in my music. I wrote quite a few songs. And with our group,Wild at Heart, we were doing a lot of Zooming, which helped me keep connected with people. So that was that was very valuable.

**Ajak**

And what was the second song about?

**Jen**

Okay, the second song was called Phone in the River. And it's very much a tongue in cheek song about social media, how it runs our lives. And, there's a lot of mental health challenges with social media. There's cyberbullying. The song doesn't really cover that but it's in the background, just the fact that you really need to learn to walk away from all of the issues with social media and get a break rather than become obsessed with it.

**Ajak**

It isn't that say something about society, that we are very intelligent creatures, but sometimes we're just not in that way, because we are a hooked on social media and it's not very healthy. You're absolutely right.

**Jen**

Yes, social media can be very good, I've connected with friends that I've lost contact with over Facebook. And in that way, it's very valuable, but you can just get obsessed with it and spend your whole life on it. And that's not healthy.

**Ajak**

I was going to talk to you about Wild At Heart. Working with someone experienced like Phil, who has did amazing work for all these years, through not only Wild At Heart, but he run a choir for years. And the choir is a community choir. And a lot of people, this kind of different people come to the choir. And an amazing experience, feel God and womanism. How did that help, to work with someone that got this experience, and have a heart as well?

**Jen**

Yeah. Phil, who's the Managing Director at Wild at Heart, he is exceptionally attuned to people who have disadvantage. And he's really the driving force behind Wild at Heart and he does have his, the Mass Gospel Choir, the Melbourne Mass Gospel Choir, which he does amazing work with.

**Ajak**

Now, I just want to, this is an amazing opportunity to be able now, to come out to show your music and be able to perform. And show what you've been doing. Are you looking forward to the performance and be able to share your music with the world?

**Jen**

I really enjoy performing. It's something that I've done on and off my whole life, I was a child performer. And I really do enjoy getting up and performing to people and giving people joy, because that's really what performing is all about is giving other people joy for that split period of time.

**Ajak**

What does Disability Day mean to you? What can you say? I think if you want people to hear something, what would you like to tell them?

**Jen**

I think Disability Day is about not judging. To accept people as they are with, everybody is not perfect. And people with disability have just got an imperfection that is not mainstream. Which is why we call it a disability. I think we shouldn't be judging people based on whether they have a mental illness.

We shouldn't be judging people based on whether they're in a wheelchair, whether they're blind, whether they're deaf. These are all just imperfections that life gives us and I think the people that are judging people who have disabilities have imperfections to themselves. They're just considered to be mainstream imperfections.

**Ajak**

For sure a lot of people are mad. You could tell during the lockdown, how many people you know, had a tough time.

**Jen**

I think something like two million Australians are struggling with mental health issues as we speak. Now that is a lot of people, and it's treated like it's not mainstream. But with you know, what, 10% of our population nearly struggling with mental health, that really is a mainstream issue. But it's very, very much kept under the radar. And people don't like talking about it because of the stigma.

And so we should be talking about mental illnesses, we should be talking about physical disabilities, because they're a lot more mainstream than a lot of people would actually like to recognise.

**Ajak**

That's absolutely correct. And people should be able to think about what they say to other people as well. If they don't even have it, if they're not disabled in any way. Because disability is not just one one way. It's just not one type.

There is so many different types, and they shouldn't be doing that because this is just show that we, the people, we're responsible so how we hurt other people. Because whatever you say, it do harm people. And I think if people listen, it's kindness, it goes a long way. And pick on people because of whether their colour, whatever it is. It's not cool. You hurt them.

**Jen**

That's right, it isn't cool.

**Ajak**

So thank you for sharing the music, beautiful music. We can't wait to. Three songs. And what was the last one?

**Jen**

The last one, it's called "Those Butterflies". Yes. And it's based on a true story. And it's very much about, just sometimes when you meet somebody, and you get those butterflies in your stomach, and your blood rushes to your face, and you get that blonde moment, not being disrespectful against blondes. It's just, you just become very, very lightheaded. And it's about that moment when you actually meet somebody who really gets the hormones going. And it's really stuck in a period at a point in time (laughing)

**Ajak**

You know, they say the singers who write about love, they don't actually mean it. But do you mean what you're singing? (laughing)

**Jen**

I tend to exaggerate sometimes when I sing. In that song, there is a little bit of exaggeration. But when I sing, it's always based around something that's real to me. And it helps me, I'm fairly upfront and my lyrics are fairly frank, to coin a phrase. And so to do that, it really needs to be based on something that you've lived or experience or witnessed.

**Ajak**

Yeah, love it become like a taboo. People are scared of love. And I think it's important that people still have a hope and writing song about love. So well done. And thank you so much Jen Frank. And I think it was really nice to have you in the studio. We will enjoy your music and have a great day. Good luck to whatever you're going. The music take you.

**Jen**

Thank you very much.

**Ajak**

Jen can you tell us about Wild At Heart?

**Jen**

Wild at Heart is an organisation we've been running for over 15 years. I've been a member for about eight years now.

**Ajak**

Wow!

**Jen**

Yeah, it's an organisation which provides artistic outlet for people with disadvantage and disabilities. And it focuses on abilities rather than the disability side to it. And we run songwriting classes and hip hop classes. And on a Wednesday, for example, we have beginner keyboard and beginner guitar classes, and then a different songwriting class from different lecturers and mentors as the year goes through.

And we also have mentoring sessions, where we have half an hour with a particular mentor to help workshop and write different songs. And also there's the hip hop crew, and they meet and they do all sorts of wonderful hip hop work, and then they perform it. And they've just recently released a video of their hip hop work.

**Ajak**

Wow, that is really yeah. It looks like you really doing a lot of good work.

**Jen**

Yes, it's very valuable. It brings people out of their shell and builds their confidence. And we've got some really exceptional artists that have been developed through the Wild at Heart program.

**Ajak**

Like Heidi.

**Jen**

Heidi Everett. Yes, she was a founding member of Wild at Heart. And she's gone on to do exceptional things. She's a great advocate for mental health. And she's got a band which performs from time to time, and she's really quite an excellent artist.

**Ajak**

She is yeah. She's an amazing artist. And I can see how they need a places like that, because there is no way they could do that or nothing. Empowering people is more important than just all those hands up, you know?

**Jen**

That's right. And it really can give people meaning in their life to actually have this outlet for creative expression. We can write about anything we want. We can write about our struggles with mental illness. We can write about, just things in society. It really helps us to heal. I'm writing about different things that trouble us and things that excite us as well.

**Ajak**

You listen to 3CR and this is Ubuntu with Ajak here and thank you so much Jen for telling us inside of what you do and the organisation. They empowering a lot of people with difficulties .

**Jen**

Thank you very much.

**Voiceover**

Hi. You're listening to 3CR and Melody Shote for International Day of the disability.

**Ayan**

Hello, I'm Ayan Shirwa, the longtime host of 3CR's Diaspora Blues program. If you're a longtime through 3CR listener, what is up? And if you're a new listener, welcome. 3CR is home to 400 volunteers and over 126 programs. Every year we bring you stories that concern all of us. The workers, the unemployed, folks from all walks of life.

And unlike the corporate shills, our funding comes directly from the community. In return, we shine the spotlight on stories about the climate crisis, Indigenous communities fight for sovereignty, Palestinian perspectives, and any of the music or art programs 3CR champions. To help your favourite grassroots media stay on air, go to 3CR.org.au/subscribe or call the station on 94198377.

**Ajak**

You listen to 3CR and this is Ajak with Ubuntu. Ubuntu is Zulu word. It's mean, I am here because you are, and that is specifically, that word is very relevant today. We are in the studio live with artists here, and it is International Disability works. And we celebrate it with music. As you know, you heard, I did speak earlier on with with Jen Frank.

And she told us all about the song that she sang, you're going to hear. And now I'm going to go to an amazing young woman called Anna Dang. Anna, she's just got a beautiful voice as well. And she's going to tell us about the music and how she got into the music. So Anna, can you introduce that beautiful song?

**Anna**

Yeah, sure. So I first wrote this song, with the intentions of writing on how I was feeling at the time, this year as we speak. I've not been very well, I've been in and out and hospital and all of that kind of thing. And I wanted to just sit down and write a song about you know, being sick and feeling so unwell and being in so much pain.

But what came out of me was very surprising. It sounded very bright and happy. And I just thought it wasn't a song that was going to match what I wanted to portray in the song that I actually wanted to write and express. And so I put that in the bag.

And then I got approached by June, one of my close team mates. And he said, we're doing this project and we need a song. And do you have a song in mind? Do you have a song that we could use for the project?

**Anna**

And so I said, well, I have half a song. I haven't completed it yet. So at that point, I only wrote the first verse. All the way to the second chorus. I had no bridge yet. And from then on, I worked on the bridge and then I started writing all the lyrics.

So the project, let me give you a bit more context on the project. So the project was about people with disabilities emerging from COVID. And so, in the first verse, I wanted to talk about the three P's that the government wanted to convey, and they wanted to sort of put out on. That was pace and plan and prioritise.

**Anna**

And then in the second verse, I wanted to convey the message. Well, I wanted to give advice to those who are finding it hard to emerge from lockdown. And in both of all of the pre-choruses, it's about, you can't hide from the predator, which is COVID. And you can't hide in your cocoon forever. And you have to emerge one day.

**Ajak**

 Well, that's a beautiful word.

**Anna**

Thank you. And in the chorus, the song is called "Just a Dream". And what I meant by that is, tell me that emerging from COVID safe and well is more than just a dream. And so that's just all got to do with the first verse, and the second verse, and pre chorus and chorus. And then when you get into the bridge, I wanted to write more about uplifting messages for those with disabilities.

And I did an intentional key change, and the tempo changed a little bit. And there's an ad lib section that you'll hear, after the main vocal bit in the chorus that really, for me, is the kind of pinnacle point of the song where you feel free, you feel empowered, you feel you feel free to do what you really do wish to do.

**Ajak**

That is the beauty of music. You don't have borders, you could just do whatever you want to do, whatever you think you can do. And you did it better. Well, it's sounds beautiful, and the lyrics. Just so heartwarming, Yeah, we can't live in a cocoon. You know, and I think you absolutely right. So when did you Anna, when did you get into the music? Would you did choose? How are you playing piano was that?

**Anna**

Yeah, that was me, as well. So I've always had an interest in music. I remember my mum saying how I was two years old, and I was in the hospital, about to have surgery and sitting there in the ward singing and making all the patients laugh. But when I properly got into music was I was about seven and a half, or eight. I was in grade two in primary school. And I got given a keyboard by one of my teachers, she's also now one of my best friends and inspirations.

And I just went home and I could not stop playing the keyboard. It was something I just did day and night. And it had one of those features, it was one of those keyboards that the keys lit up. So there are songs you could select, and you could learn from just looking at the flashy keys on the keyboard. And from my little bit of vision, I was able to see the flashing lights. And that's when I started to learn songs on the piano. And then my mum, a few years later thought to give me piano lessons.

**Ajak**

Good mummy!

**Anna**

Yeah! Since then, I've been classically trained as a pianist. I'm supposed to have just finished year five of formal AMEB classical piano but I've been ill this year, so I'll have to do that again next year but that's all right. And singing wise. I've always been interested in singing. And then one day I remember listening to the radio, and someone was like, "Oh, Ed Sheeran's coming to Australia".

And I was like, "Who's this guy?". I don't know why, it just clicked with me. And I went and googled his music, and I absolutely fell in love with him. And I bought tickets to his show. And this was in 2018. And I will never forget that night. That was when I was like, "This is what I want to do when I'm older".

**Anna**

And it was like a switch, it just completely changed my life. And during the lockdown, I got the chance to the time to write my first ever song. And I've never stopped writing since. Now, songwriting is very natural to me, and Ed is definitely my greatest inspiration.

I think he's just, I don't know, I think he's just incredible and really inspirational. And I love the way he portrays himself as an artist. Not only that, you know, he's a celebrity, as you might say, but he's to me, he's really humble, very down to earth and holds his morals close to his heart. And I really admire that. And that's something I want to take on. When I become an established artist in the future.

**Ajak**

Wow, we can't wait to see your musical progress Anna. You've got incredible talents, you know, just singing and playing music as well. And just to say, this thing is so important, for a young person to be able to have those, to learn from people. And what you just said that, humble is a very important word. Because a lot of people don't really, when they become big, they forget that. And but it comes as, you know, we are human, that is what we want to see in people.

**Anna**

Exactly, exactly. And to me, he's just seems like someone who you just meet down the street, It's not like, so up in the stars and 3 million galaxies away and I really value that personally.

**Ajak**

And so what is next in your musical journey?

**Anna**

Honestly, I'm not very sure, because of my health. It's been really, really challenging for me. I have not been able to sing for most of this year. And, to me, that's very, very unfortunate. Because it's my life, it's my passion. It's more than a hobby for me. And honestly, it's something I want to pursue as a career. And so, I hope that once my health gets better I'm going to write more music. I have been writing a lot of music, I just haven't been able to sing it, which is the very hard part of it.

**Anna**

So once my health gets better. I'm going to record all the songs I have, and then I will put them out and I want to build a fan base, and one day I hope that my music will be able to help those not just with a disability but with other differences, with disadvantages and vulnerabilities. I think we're all human and like Jen said, I think having a disability, there's so much stigma about it. It's just not a mainstream abnormality. To people who don't have a disability, I think they feel very naive about approaching those with a disability because they don't know if they'll hurt their feelings or what they should say or how they should assist.

I've definitely faced a lot of bullying and a lot of mistreatment and I don't blame that just on the person themselves. But I think it's society itself, we need a lot more awareness. And I hope that one day I can achieve that through my music.

**Ajak**

What a beautiful message. Anna, you're absolutely right. And it's not only society, society is people, and we forget that. When we in a crowd, we forget that we are that we are individuals. Or whatever the individual person say, it do hurt people. And so when it comes to the community. Your community needs to be careful what they say. To be careful how they treat one another.

And you we can achieve all these issues. And that has been a very big problem in the society, because people take themselves out of it. Like they said, it's not me. It's not me. But individual, whatever you do, you have to be very careful not to hurt others because there is nobody going to come and tell us to do that. It's we as a community, we want to change that. It will change otherwise.

**Anna**

Yeah. And I think having a disability or being vulnerable or being disadvantaged will define you. And you have to accept that sometimes. But if you don't let it, it will never stop you. And that's what I want you to know.

**Ajak**

Absolutely. You're absolutely right.. And thank you so much.Yeah, we can't wait to hear more music from you, and that beautiful track. We're going to play it. Thank you so much for you to come along. And thank you to mummy too. Thank you very much. And thanks. All of you. Thank you very much.

**Anna**

Thank you so much for having me here today. I really appreciate it. It's a dream come true for me. This is my first ever radio interview.

**Ajak**

Oh, you just feel like you natural. You should be sitting here. Yeah, we're honored to have you.

**Anna**

Oh, thank you. Well, I hope I can come back one day and we could do it together.

**Ajak**

You will, we will have you back.

**Anna**

Brilliant. Thank you so much.

**Ajak**

Thank you

**Anna**

Well it's been an absolute privilege for me to be here today. And now we are going to play my track that was written in July of this year and recorded mid October of this year and it's called "Just a Dream".

**Anna**

(Just a Dream - By Anna Dang)

Plan and pace and prioritise your life, 'cos sometimes it is hard to see the missing piece, the outs and ins of breaking free. Because you can't hide from the predator or hide within your safe cocoon. It's time to find, time to strive. So tell me that it's more than just a dream. I'm ready to get out and finally breathe. We're two years and I'm still lost, don't know if they will remember me. Tell me that it's more than just a dream.

Be prepared for hurdles when they come your way. Sometimes you will regret ever showing up. But with a bit strength and a touch of hope those steps will turn into miles. Oh demons when they speak at you, show the world the powers you have gained. Those endless nights when crying to yourself, it all goes into dreamtime fantasies. 'Cos you can't hide from the predator, or hide within your safe cocoon, It's time to fight, time to strive.

So tell me that it's more than just a dream. 'm ready to get out and finally breathe. We're two years on and I'm still lost, don't know if they will remember me. Tell me that it's more than just a dream. Just keep your head high, the world is waiting for you, for your beauty, and your ether it shines from within. Believe in yourself. What it means to now be free. We must rise up, shine brighter. I know it's more than just a dream. I've broken free finally able to breathe. We're two years on and I spread my wings, I know that they all will remember me. Now I know it's more than just a dream, it's reality.

**Jane Rosengrave**

My name is Jane Rosengrave and you're listening to a Yorta Yorta strong powerful woman on Disability Day on 3CR!

**Voiceover**

If you or someone you care for is struggling with a mental illness or other disability and you need someone to talk to, you can call the Wellways helpline. Wellways helpline is a volunteer support and referral service that provides information to people experiencing mental health issues or other disabilities as well as the family friends and carers.

We're here to talk if you are feeling socially isolated, seeking information about mental health or mental health services, or just need someone to talk to as a peer based service. Everyone working at Wellways helpline has a lived experience of mental health issues or disability. Wellways helpline is a national service and operates Monday to Friday 9am to 9pm, excluding public holidays. So if you're struggling yourself or struggling to help someone else, please call Wellways helpline on 1300 111 500. That's 1300 111 500. Wellways supports 3CR.

**Ajak**

You listen to 3CR and this is Ubuntu with Ajak here. We're going to have one artist, one last artist to come, which is exciting too. So thank you so much Edward.

**Edward**

No worries.

**Edward**

(One Step Ahead by Edward Roussac)

Strangers think they're the smartest in the room. I'm just sitting here in solitude. This wasteland is fueled by gloom. You're always one step, you're always one step ahead. You're always one step ahead of me. You speak in class, exchange ideas. In school the going gets tough. I'm left feeling less intelligent thinking that I'm not good enough.

This is a mountain I should overcome, thoughts drag me down, leave me dumb. Feeling stupid, feeling small. Doesn't matter much at all. You're always one step, you're always one step ahead. You're always one step ahead of me. I have the urge to talk myself down, won't you pull me out of this pit? Though it seems, only I can hear me. No one else can drag me out of it. Comparison is the thief of joy. Hide behind the scenes, your highlight reel.

You say you're great and it makes feels. In the end, how do I want to feel? You're always one step ahead. You're always one step ahead. You're always one step ahead of me. You're always one step ahead. You're always one step ahead. You're always one step ahead of me

**Edward**

This song is called Withdraw.

**Edward**

(Withdraw by Edward Roussac)

Two of us face to face. And I walk the line. Will things be the same tomorro? Oh man who really knows? You feel like you're on your own. Reality is stranger than known. Everyone's just faces in the ground.

But so are fools erratic and loud. I withdraw. I'm lost in this world and I told you how I felt. You spoke of your surprise and how it was so peculiar. You feel like you're on your own. Reality is stranger than known. Everyone's just faces in the ground.

But so are fools erratic and loud. I withdraw. I'm lost in this world and I told how you I felt. You spoke of your surprise and how it was so peculiar. You feel like you're on your own. Reality is stranger than known. Everyone's just faces in the ground, but so are fools erratic and loud. I withdraw.

It's been long time since we spoke in all certainty life is no joke. Whether or not we break free, it doesn't really matter to me.You feel like you're on your own. Reality is stranger than known. Everyone's just faces in the ground. But so are fools erratic and loud. I withdraw. I withdraw. I withdraw.

**Edward**

This song is called Disconnect.

**Edward**

(Disconnect by Edward Roussac)

I'm in a world that's unaffected, where all the poor go unprotected. Where walls of pain have been erected. The right and left so disconnected. Disconnected from the art of comprise. Disconnected from heart of careless lies. Disconnected from the way to make things right. We'll never see the light. We're just too disconnected.

The right are too far right and reckless. They rally round a man who lies relentess. It's (inaudible) it seems. It's truly unless if we cannot connect we'll never mend this. Disconnected from the art of compromise, disconnected from the heart of careless lies.

Disconnected from the way to make things right, we'll never see the light. We're just too disconnected. Left and right must find the common ground. We're all in this together, round and round. If common sense if common, not profound. We must stop to life this planet off the ground. The answer should be shouted all around. We can't be disconnected. We can't be disconnected. We can't be disconnected. I'll tell ya, we can't be disconnected.

**Ajak**

So, Edward. Do you know the last time we saw you was here. Welcome to the show again. Yeah, it's beautiful music you played last year, and this one as well. So thank you for coming and thanks to Phil as well to be able to accompany you with the music Well, how have you been?

**Edward**

I've been alright. It's been very hectic having gotten sick throughout the year at certain stages.

**Ajak**

This year, how did you cope with a lockdown last half of the year? Because we saw you 2021. You came, we had a beautiful conversation and music here. Then after that, the lockdown went very hard. So have you been doing more music than the one we heard last time?

**Edward**

I have been, yes. I've been writing some songs and I'm also still working on my concept album about communication, which is called Talk To Me.

**Ajak**

Yeah. And so communication comes both way. I think it's important that somebody has to listen too. So what do you mean, when you said communication? Can you just tell me briefly? Who are you talking to in the song?

**Edward**

I think my songs are about getting my frustrations out. Yeah, and trying to convey my feelings to whoever's listening. I am autistic, so I have difficulty communicating with other people on a social level.

**Ajak**

Yeah. And that is the beauty of music, is it? To be able to put that into your music. Make it really, make the music real. And make it a channel for you to be able to talk through. And you're absolutely right. And that is the thing, even those people who haven't got what you just mentioned, they find it difficult to express themselves.

Most artists, they express themselves through music. And if you can remember, a lot of artists are not very express themselves in words, talking to people. But with music, it's really easy. And so everyone has communication through music.

I think it's a good thing that you keep doing to be able to communicate your work out. And everyone can just get whatever they want. When they hear or read it, people can just get what they feel to them. And so you absolutely, you're not alone in that. And so you say, you're working on name of album?

**Ajak**

When is it coming out?

**Edward**

 Yes.

**Edward**

It should be coming out sometime next year. Around 2023.

**Ajak**

So did you start recording it already? Oh are you going to plan it?

**Edward**

I started writing the songs in 2018. The bulk of it was written in 2019 and '20. Most of those songs exist as demos, but I've been working with a producer to help bring those songs to life.

**Ajak**

The first song you say is sang, can you tell us about it.

**Edward**

The first song I sand today was called "One Step Ahead". It's about my feelings of inferiority. Because I was always comparing myself to other people in high school, and feeling inferior, academically speaking.

**Ajak**

So that song is one of the songs is going to be in the album.

**Edward**

That's one of the songs that's going to be on the album.

**Ajak**

And then the last one is sang what what is it about?

**Edward**

The next song I sang was called 'Withdraw'. It's similar to "One Step Ahead'. That was written in 2019, 2018. And it's about my feelings of being disconnected from my peers. Or otherwise people I know, but I have little confidence in talking to.

**Ajak**

Yeah. Is it during the lockdown?

**Edward**

No, that was written right after high school.

**Ajak**

Oh, yeah. Yeah, that's that correct. This is beauty of music, don't you think? Without music the world could be very different place. And I think it's a good way to channel your communication of frustration into the music. And I think we wait for that CD going to come.

**Edward**

The last song I sang was called "Disconnect". It was a contrast from the previous songs, it was about how we can't be disconnected in this world. And we need communication to thrive.

**Ajak**

Sure, yeah. As humans. That what matters as human. We need to have people around, we can't live on our own. It's something I struggle with. Because in an advanced culture for a modern setting, places like western world. It's so easy for people to be by themselves.

Where I come from, it's very difficult for people to be isolated themselves. They just something you've unheard of. And during the lockdown it came out a big thing. And another thing being a human, that make us human, when we connected and be with other people is important.

**Ajak**

I think that it's something new that we've created. Individuality, individualism is something that we created. So through music, that change. For artists, you could talk through music. I really wish that will help in the long term. For you to be able to communicate through your your music and be able to talk again. Until you be able to speak to people. So we were very privileged to have you in the studio and sharing your music like we did last time.

We can't wait to hear those songs. The people out there, people listen, tuned into Ubuntu. Ubuntu mean that "I am here because you are". This id Zulu word. You listen to this 3CR and this is Ajak here with you. I hope you enjoyed the show.

It is International Disability Week celebration, and we celebrate it through music and that is make it really a nice. Because music is one of the best way humans design, created I mean. So thank you so much Edward.

**Edward**

Yeah. I have an artist page on Facebook. It's called Edward Roussac. I also have a Bandcamp page at edwardus.bandcamp.com.

**Ajak**

Yeah, all this information about artists and music you could look up at Wild At Heart community art organisatio. There is not many organisations like that. So please go and check them out. Listen to this music and what coming up on this website, they got two good activities coming up.

If you want to catch Wild at Heart artists and you know you can check those events page. They have a CD launch coming up at a Meat Factory on the 13th December and so come along. It'll be a great event to see. Thank you.

**Voiceover**

You're listening to 3CR community radio 855AM, digital and online. 3CR radical radio.

**Pauline**

Stay tuned for more Disability Day programming.