

STAND BI US BI+ CONFERENCE

Presenter: Sally Goldner

Guest 1: Neen Chapman

Guest 2: Misha

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Sally Goldner: Panoply, panorama, panpipe, pansy, a-ha – 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 – we'll throw those questions into the pan and cook up the answers for you. So, go on, push that gender envelope only on 3CR 855AM digital, and 3cr.org.au.

[*I Kissed A Girl* by Jill Sobule]

Sally Goldner: 3CR 855AM, 3CR Digital, 3cr.org.au, 3CR On-Demand. *Out of the Pan* with Sally, first broadcasting noon till 1:00 Sunday afternoon, thanks for your company. 3CR proudly broadcasts from the lands of the Wurundjeri people of the Kulin nation, and we pay respects to elders past; present, and emerging; and acknowledge that the land was stolen and never ceded; and hello to any Aboriginal and Torres Strait Islander listeners tuning in from whichever land you're on. We opened up today with a classic Jill Sobule and *I Kissed A Girl*. Well, we never found out exactly what that song was about in terms of the exact sexual orientation, but it could be bi+, and what an exciting and obviously lead in on this day and let's hope there isn't another major press conference for Mr. Andrews today. Look, not going to get into debates about doing a job but do you have to have the press conferences at noon on Sunday Dan? People want to listen to *Out of the Pan*, particularly bi+ people including pan, because we're only five days away today from

the launch of the biggest ever Australia New Zealand *Stand Bi Us* Bi+ Conference and on the line to talk about it, all the way from another land and I'll get I guess to introduce pronoun and land is Neen Chapman, Neen welcome to 3CR.

Neen Chapman: Hi Sally. A little bit about me, I am Neen Chapman from Gadigal land in of the Eora Nation in Sydney. I've been working in the bi activism field for you know officially for about for over 18 months but have been identifying as bi and pan for 30+ years, so this is a great opportunity, thanks.

Sally Goldner: Yep, and I use the pronouns she/ her, can I just ask if it's ok to ask which pronouns you use if any?

Neen Chapman: Absolutely, they/ them.

Sally Goldner: They/ them pronouns.

Neen Chapman: Thanks.

Sally Goldner: Which will touch on our themes because well it's a big binary buster and I've got to say myself, you know, it's hard to keep objective on this today because of the excitement in that we have you know five days away from *Stand Bi Us* and just declaring the interest that Bisexual Alliance Victoria of which I'm a Committee Member is one of the many organisers of this exciting conference. Let's start by, how did this come about to your knowledge?

Neen Chapman: It really came about as I think it was around about April of this year when COVID lockdown was pretty secure for all of us across Australia and leaders out of many bi+, pan organisations across Australia and New Zealand, we were talking to each other sort of on a Friday night once a month checking in with each other seeing how we were going through COVID, and also asking each other questions about how we were supporting our communities online through Zoom, what can we do because we couldn't see each other anymore; we couldn't have our normal picnics and we couldn't actually support our community face-to-face. So, I think it was around about July we started floating this idea about what we're going to do for Bi+ Visibility Day, which is the 23rd of September and the light bulbs came on across the country and New Zealand, how about we have a conference?

How about we do a conference? We can do this because it's all online across multiple time zones. Do we have any content? What content could be do? And that's what sparked the conversation I'd say.

Sally Goldner: Yep indeed. And so that was throughout sort of the well, it was in a Melbourne perspective the chilly months of Winter and as we've sprung towards the Equinox of Spring in the Southern Hemisphere that is, and the Equinox of Autumn in the Northern Hemisphere. We will be globally inclusive unlike – quick digression, I get very frustrated with global marketing companies who say, “We supply the whole world” and then go on to talk about, “well we're ending Summer now” and don't mention the other side of the world. Here it is and *Stand Bi Us*, there had to be a pun in the name, was that considered by the way just compulsory?

Neen Chapman: Yes, I believe it was.

Sally Goldner: Absolutely, so it should be. It's part of our double – with tongue wedged firmly in cheek coming out the other side – it is part of our double evil plot to get rid of mono-sexuality and the attraction to one gender and convert the world with puns, but that's yes, tongue coming out the back of my neck now or something. But seriously it's all sort of come together and obviously, of course a lot online which has its pros and cons, tell us that little about we'll say that process of it first.

Neen Chapman: Well the process of and the decision to be online and where we can across the country and New Zealand there are a few events that are going to be face-to-face, but particularly online we were looking at what was available to support community and although I think at this point of the COVID restrictions across Australia and we all feel very heartily for Victoria at this time with such strict restrictions, we sort of saw, all the groups sort of saw online being the one forum that could give us really great exposure and really great accessibility. Hopefully, that's what's going to be supported through the conference.

Sally Goldner: Yep, definitely so. it's a huge time and I'm looking at a very wonderfully multi-coloured pink, blue and purple; and pink, yellow and sort of different shade of blue, coloured timetable which down the left-hand side list four times zones; Australian Western, Australian Central, Australia Eastern and New

Zealand Standard Time, and will still be on Standard Time all the way through on this, daylight saving doesn't kick in until well after but it's just this is exciting, to use a favourite word. Let's well start at the beginning first let's do something logical the first session kicks off on Friday the 18th, tell us a bit about that.

Neen Chapman: That's right. That's a really wonderful session the open planning, the opening planning, where we've got a... it is a pre-recorded interview with Shiri Eisner who is an author and activist for bisexuality and bisexual visibility, and the discussion points and questions that will be put through put to Shiri really discuss what we can do to support community, what we can do to sort of bust myths, how is it that more action can be taken within our communities and individually, and that that session is going to be fantastic on Friday, and it's quite a, quite an opportunity for *Stand Bi Us* to have such an amazing author be a presenter be within our first session; our very, very first online session of our very, very first conference.

Sally Goldner: Absolutely. An amazing advocate and with many facets bi is but one facet and I think that's going to make it exciting and intersectional, multi-faceted because we like multi in the bi+ communities for sure and I'm looking for well, you know again declaring bias which of course is a double pun, and I'm someone has said since hearing that word that they're attracted to bi-ass, but look as long as it's safe and consensual, the thing is gosh, there's just so many sessions. I'll let... I'll let you pick any random just put your finger on the program and point and where does it land?

Neen Chapman: Yeah, do one of those. Look the program has such a beautiful mix of types of sessions, I'll pick one out that we've actually been running Bi+ Community Perth has been running for a number of months which is a bi+ virtual cuppa and that's such a relaxed beautiful atmosphere it's a zoom call for a couple of hours or an hour and a half or so on a Sunday and we just natter, we talk and we support each other and I have breakout rooms and then we come back and sort of discuss different things that are going on for us at the moment. So that's specifically been incorporated into the calendar of events some of the other really beautiful and very poignant sessions are sessions dealing with domestic violence and that's not to trigger anyone that's to talk about how we cope, what are the coping mechanisms, what are the things that we can take action on and how to

support people best; there is a session that was run and I have to divulge my interest here, I'm the Vice President of Sydney Bi+ Network and on the Sunday the 20th we've got Bi-Line which is virtual this year; last year it was in person so effective for that one. There's also beautiful meetups just about you know, finding things that we've got in common for different people so cooking, and books, and gardening, and video games, and things like that and they're dotted throughout the program just to give people a little bit more of a light opportunity to connect and we also have a presentation, a webinar from your ILGA World Bi+ webinar and that comes from a New Zealand presenter so we are trying to be inclusive across Australia and Zealand and there are so many people that have gone into making all of these programs and sessions available for the conference. It's just been a such an amazing group effort.

Sally Goldner: It has been and a huge number of bi+ organisations around Australia and New Zealand as you said, be precise there; you know hopefully this will grow in course and we will be able to go with the original plan of calling it *Bi Oceania*, but we didn't want to be tokenistic there if there wasn't the inclusion from beyond the two countries, but of course the thing is wherever you are listening in the world with the magic of Zoom and hopefully reasonable internet connection, of course anyone can pop in which is really exciting as well, you know so if you're having a sleepless night somewhere and whatever time zone given that most of these are in sort of roughly Australian daytime, Australia/ New Zealand daytime/ evening times, pop in. This is just so exciting it really is exciting.

Neen Chapman: It is, it's fantastic.

Sally Goldner: Yep, bi-fives and pan-slaps and pan-slams or something like that everywhere. There's you know a range of as you said of sort of, you know, sort of laidback stuff, I'm looking here; crafts, computer games, improv games, gardening, but there's also some stuff more on the, we'll say on the advocacy side as well. Let's go through a few of those.

Neen Chapman: Yep, sure. So, we've got a session there for on the Monday for the bi+ communities experience of the marriage equality plebiscite and even you know, a couple of years later, I think we're all still feeling the effects of that particular – I'm going to say horrendous period or horrendous treatment of the

LGBTIQ communities across Australia; so that's particularly to sort of do some debriefing to have some discussion. We're also talking about a bi mighty during COVID, so connecting during isolation and what that could look like. It's doesn't always have to be on Zoom; it can be phone calls, it can be art projects, it can be sing-alongs, it can be all sorts of things. There's a... there's my interest in this one I'm leading a session called *Boulder* which is for people in our bi and pan communities who are 40 and over; just a little bit of a conversation and discussion evening, really with yourself and Anthony Lucas who will be in that particular session. There's a panel on the Saturday, which is exploring pansexuality within our community and just having a really be good inclusive conversation on the Saturday and that's the Saturday morning, and then we get into some, some I suppose more weighty subjects. As I said earlier there's a domestic violence session, *Bye-Bye Binaries*, busting binaries within organisations taking language basically and – well not basically that's not the only thing – but there are other elements to that to make sure that we I suppose we demystify the idea of binary as non-binary people in our communities and our families and working organisations. There's also an, just an Australian New Zealand wide bi+ discussion group and that's on the Tuesday night and Wednesday the 23rd which is actually Bi Visibility Day we have a community organising social change webinar, which is been presented by an amazing presenter and President of **SBN, Amber Limit** and they do a beautiful job, this is not something that they've done for the first time so there's they'll be great practice with that and we've got a lovely closing ceremony, I'm going to call it a closing ceremony, Sally.

Sally Goldner: Well, that's right look the Olympics got postponed so we'll make up for it in our way. I'm not sure we can't exactly run into an arena with flags all over us or something, but we'll give it our best shot.

Neen Chapman: Oh, I think we could one day.

Sally Goldner: We will one day when we when we complete that multi-gender attracted world take over. Yeah look it is to quote – if we're going to quote older bi people as this older bi people uses – the phrase from two people but not bi to my knowledge, “it's a packed program”

Neen Chapman: It is. Yes.

Sally Goldner: and there is... and then after the close they'll be a virtual dinner so bring your own food just to sort of wind down; they'll be... and of course there's a few events after that close on the weekend afterwards we want to give a mention once again to New Zealand the Auckland Bi+ Visibility Day meetup, both to be confirmed whether it's in person and/ or online – and/ or because we don't like binaries – a Brisbane Bi Network picnic, which is in person and also as you mentioned the **FAB Perth Crew** doing an in-person event on Sunday the 27th, but it really is particularly from, as we move up the gears from Friday 18th and then through those next five days is just going to be absolutely amazing. There's just so much going on, it's... it's very exciting. Can I mean, you know putting your organiser hat on a side I mean just, what feelings are you feeling about this conference this time?

Neen Chapman: So, if I take the organiser hat off, I look at that calendar and I think about my experience of being a bi+ pansexual person. Up until a couple of years ago I just met silence. There was... it was very confusing either trying to research anything or contact groups it just it was just this void of silence. I look at that calendar now and I see every community and organisation in Australia, their visibility and making such an effort to be able to connect with every single type of person so that there's an opportunity they get to celebrate and see themselves. And one of the things about that particular, this particular conference and looking at that calendar Sally, is that I have this personal sort of little bit of a motto that I played to myself in my head when things get really big or we're talking about how complex organisations, but if we help one person in the entirety of those eight days, then we've done an incredible job putting on a conference like this in such a short period of time.

Sally Goldner: Yep, absolutely so. There's just such a mix of things in terms of connection, *pan*-els, of course – see, the puns of already started – and I'll come back to that in a second, the various sort of more social type of things; crafty stuff; and of course there is a conference as we said the closing ceremony will be on the Eastern Time at 5:30 on Wednesday the 23rd, so it's a massive few days, the likes of which I've never seen as a nearly 55 year-old bi pan person is just incredible and I think well, it's I'm going to say for all the effort going into organising it's already help me; it has already just been cathartic in itself so, huge stuff. And the question

is, the important details is [sic], where do people find out information and how, if they want to attend a session or sessions, plural – again, because we don't like binaries – how do they do that?

Neen Chapman: Sessions, as we've already talked about most of the sessions are online, so it's internet and most of it is done through a Zoom connection. The in-person sessions for New Zealand, Perth, and Brisbane – I'll just sort of talk about those first – get in contact with the Brisbane Bi+ Network; the Bi+ Community Perth; and Auckland Bi+ Visibility Day networks to find out the details for those. Also look on Facebook, we have a *Stand Bi Us* page on Facebook if you type *Stand Bi Us* into Eventbrite you'll see the conference in its full regalia and you'll also see different sessions that you can attend; and if you've also got a website so it's as simple as StandBiUs.com.

Sally Goldner: Absolutely it is. And of course, the critical factor 'til last which is being finalised, but we can announce is they'll be a prize for the best pun of the conference.

Neen Chapman: There had to be, Sally, there had to be.

Sally Goldner: Oh look, it is very... that is very exciting. Now spontaneous, it's sort of it's not going to be like as a planned punning session, I mean we're still applying for those research grants that show a linkage between bi and punning, you know it's sort of funny how they... we just never seem to get a positive response to that.

Neen Chapman: I know!

Sally Goldner: But what... what is it with unis? They're just so conservative.

Neen Chapman: I don't understand why they won't fund us to do that, it's such an important part of our identity.

Sally Goldner: That's right. And you know, it'll put... it'll put... it'd put it into those ideas that people who say punning is a lifestyle choice or something because we'll have a genetic proof. Anyway, moving right along. Seriously it is very exciting and sort of just too awesome. I'm sorry, I couldn't get **Misty Farquhar** from WA on the

line as well, technical hitch there. They have been a great organiser of it and so many people, **Anthony Lekkas** as you mentioned is one of them. You know it's a huge range of bi+ groups. I think we I will give everyone a mention; Big Bi Bonanza; **Bi Oceaneer**; there are four other hosts Bilights Victoria; Sydney Bi Network; Brisbane by Network. We have people from Adelaide and the Northern Territory involved which is exciting as well as New Zealand. The only people I haven't quite spotted yet ACT and Tasmania, but you know, of course everyone welcome. We'll defy border closures on this one in a legal and ethical and safe way, Dan and Scott if you're listening. Seriously it is really exciting, and it's great to have you on the show and well, I'll start reporting in next Sunday on the first couple of days of events too

Neen Chapman: Thanks Sally, it's been such a wonderful opportunity to talk to you about it.

Sally Goldner: Thank you very much Neen and you have a great Sunday where you are in... it's Gadigal Land if I remember right?

Neen Chapman: That is right. Yeah, thank you. Thank you too, Sally. Great show.

Sally Goldner: Thank you. And yep podcast will be going up as soon as possible after the show, of course as well. Thanks for your time, Neen and well bi-fives and pan-slaps.

Neen Chapman: Bye-bye for now, Sally.

Sally Goldner: Oh, I'm excited. The bi heart rate is sort of just on the... on the... on the... on the increase at the moment without question in terms of yeah in terms of all of these things. So yep lots going on. In the meantime, let's have some music. We mentioned there will be a panel called *Boulder*, a *pan-el* and let's keep that keep the puns running. Well, there's lots in common for bi+ people of all ages, but sometimes in our rainbow communities there can be something like this song from The Hoodoo Gurus. 3CR 855AM; 3CR Digital; 3cr.org.au; and 3CR On-Demand. *Out of the Pan* with Sally.

[*The Generation Gap* by The Hoodoo Gurus]

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Sally Goldner: Indeed. Thanks for tuning in to *Out of the Pan* on 3CR 855AM Digital, 3cr.org.au, 3CR On-Demand and 3CR Digital and you could be listening via podcast or the repeat or listening live, all sorts of ways to listen, thanks for your company. Well excitement building for the *Stand Bi Us*, excuse me, conference which kicks off in the time zones on Friday the 18th at 5 o'clock New Zealand Time; 3PM Eastern; 2:30 Central; and 1 o'clock Australian Western Standard Time. And well, we've got people from all over this continent and a nearby islands and one of them is going to join me on the phone because there's such a great range of bi+ stories and I thought what better time to have a bi+ story and joining me on the phone to discuss said story is Misha. Misha, welcome to *Out of the Pan*.

Misha: Thanks Sally, thank you very much. It's quite exciting to be here.

Sally Goldner: It is very, very much so. You were sort of listening into the first half, I think you can, you could probably sense to the excitement that both Neen and I had, but just to do two important things. First of all, can I check in with which lands you are on?

Misha: Sure. So, I'm from Gana Land also known as Adelaide, and I've been here for probably about 15 maybe nearly 20 years now and before that I came across from New South Wales.

fair enough and may I just clarify one other thing? I use the pronoun she/ her if they're needed.

Misha: Yep.

Sally Goldner: If you use any pronouns at all?

Misha: I'm she/ her, I'm cis-gendered and identify as pan/ demisexual and polyamorous.

Sally Goldner: Well, there's, there's a good way to dive into this conversation because there's three journeys in themselves I suppose.

Misha: Oh yes.

Sally Goldner: Let's start there, where did all of that? Where did that those journeys start and in what context and all those sorts of things?

Misha: Sure. Well, probably keeping it simple, which is always a challenge for me. When I reflect on my journey, there's a journey of language and obviously over time those terms have come together so there's pansexuality, and which moved through from identifying as bi for many years first. Then demisexuality sort of came from a real recognition that it was emotional connection that really built my attraction in others, which actually filters this kind of gentle, gently shoulders onto the fact that no gender is what I target in on when it comes to attraction, it actually really comes through from the person, the individual, the personality. So there's a journey of language and obviously that's happened over, you know number of let's say 20-30 years, but even before I had a grasp on the terminology and the language coming from a conservative of Polish family, who and I grew up or went through a Catholic girl's school system, there wasn't the only advantage of language and/ or conversation around sexuality or attraction. But I do remember in myself that even at around you know, eight, or nine, ten years old, you know much to my parents pain really and suffering, I would quite readily say that I just see us as all bubbles of personality and is my ideal vision of the future we would just sort of roll around and collide and intersect with people and we would either much in personality or we would you know move along and, and find someone else but no bubble needed.. to no bubble needed to antagonise another you didn't need to go and pop anyone's bubbles, you just rolled around and bounced around. I saw it as I

do most things as very visually it was a lot of imagery and in the way I live and that to me as an 8 or 9 year-old was quite simple and therefore also stated that even at school I didn't necessarily believe there were two genders they were just what science assigned us now and I... and, and yes, you can probably guess already from what I'm saying, I didn't have an abundance of friends.

You know, my general language and way of thinking wasn't conducive to having comfortable, easy, watching TV type of friendships, so I had plenty of time on my own to reflect and think about the world and life. So, for as a start when I was younger, it was to me, it felt simple that they're needn't be an assignment of I didn't think science necessarily had it right. I loved science, but I also knew there were lots and lots of things that were being proven every day or evidence provided for in science that you know only five years or 20 years ago wouldn't have been known, so I thought well why not gender and our concept of sexuality even and all the way we relate together, you know knowledge about us the human body, and that is that trickled on to a very clear, probably I'd say a little topic with more friction within me was the idea of marriage and nothing wrong with marriage, there's nothing wrong with the idea of course of partnerships and people getting married, I could see society had a lot of delight in that. However, I could also see that there, even at that time which I think would have been the 80's, early 80's there were lots of there was lots of commentary on the high divorce rate and people not being suited or you know, and there was a lot of antagonism as people went through relationship breakups, not only of marriages but just relationships and I was thinking our social paradigm and our way of thinking and talking about our pathway towards it within relationship seemed as though it needed to evolve and it needed to change and I would say to my family, well I said, "Well, perhaps I will have many partnerships, you know, and who knows some maybe for book reading some maybe because they like hugs" it at that point it was quite simplistic language. But as I got older, I still very much felt that, and so there was the kind of the birth of the knowing of polyamory within me without necessarily the words.

Sally Goldner: Can I clarify something if I may, how roughly what age were you when you were saying those sorts of things?

Misha: So, I was I was about probably between seven and 10, so I still... we lived in Indonesia, we lived in a number of different countries when I was younger due to

my parent's work, they were research... researchers and in science so I attended lots of conferences. I think what I could see was so many relationships and the tension between people actually didn't need to... wouldn't... the discussions could've been different. If there's an openness that perhaps needs weren't being met, or a perhaps there's an understanding and acceptance that you can be very attracted to another person while you remain truly attracted to the person you're alongside. What is the problem? If we can like many things across... you know, we can have favourite genres and we can have... so surely, we can be passionate and adore multiple things. So, at that age it was still a basic concept of multiplicity and not... not... I couldn't even when I tried to, attach to the social norm or the conversation society that "While you can be multiple now, but you'll understand later, Misha, that it all has to become a choice". And I thought I could feel I would say to my mother, "Yes, I'm sure choices still exist and decisions must be made, you know in order to be kind to yourself and others, however, I don't see that it's an unkindness to love many people. I don't see that it's an unkindness to simply say I am questioning who I am. Isn't that what we're going to do for life? you know, question". But I also had a very early concept and I quite a sadness in my own life knowing that I met many people, and this is not to do with sexuality and/ or identity, but I met people who even within their work almost were a part of the living debt and to me that idea of living debt was a significant concept that I'd thought, "Well if I can't influence others or talk to anyone within my family, surely all I can do is make sure I live true life myself".

Sally Goldner: Wow. I mean, I just... what else can I say but wow, yes sensational. There's just so many thoughts going through my mind listening to you. First of all that you know, you know that we... oh gosh where to start? But how brilliant a bi+ including pan people? – would be my first thought. How brilliant are polyamorous people? How much wisdom is there and if we weren't having to fight negativity and stigma, could it could it save the world? There's also the whole idea that young people don't know anything and yet you've, you know, it's already got these, you know perfectly clear intuitive, you know on... on the button ideas between seven and 10 years old and just so much wisdom that's there.

Misha: Well, and that's still true and it's that's influenced my life significantly. Because there was a period of time where things are quite quiet, I couldn't... there wasn't a lot of external references even when I'd go looking so my only reference or

the reference I had was me and my own experience. So I remember and I knew and this I know it caused angst for my family so my father's way of dealing with that was simply not seeing it, and that's worked for him, and for my mother it was to try and not necessary squash, but she really wanted me to know what boxes were out there and where I should be heading and you know, she tried to do that as best that she could and unfortunately couldn't I stay within those parameters. So even at age four and I like I said, I am cisgendered so I haven't questioned being female because I knew I was settled within that for myself, however, and even at age four and looking around I think it was a preschool and Bendigo – that's where we were at the time – and saying to the teachers or preschool coordinators and that you know woodwork is something I'd like to be doing and they'd say, "well, that's obviously that's the boys shed and you've got the girls play area" and I was saying, "well, that's fine. But when... when is access open, when is it available?" And of course, you know, then my mother has called in to say, you know, "you need to chat with Misha about these. There are rules" and... and I even then would say, "but the rules apply because of what you've known before but now you know that there's someone – me – who wants to be in that shed. So, is there... can a change be made?" and... and you know, then I found ways... and it didn't necessarily mean there was success, it didn't actually mean that I'd necessarily get to be in the shed or... but I didn't mind the conversations and even though it caused did cause conflict for my parents and for myself and with other people, I still it was something that I continued to then act to in my life, so it probably formed a foundation there that we do... little ones and I'll say little people, you know, do have a knowing it's just how come that comes through? And sometimes it's perfectly understandable that it just gets either squashed or consciously put to bed because it's too hard or too confronting. In my case, I was already quite isolated and being neuro-atypical it probably allowed me the space of continuing knowing there was judgment but knowing I wasn't going to make a difference to judgment so I may as well keep going.

Sally Goldner: Well, that's... that's pretty, pretty bold to just keep going because of course a lot, you know, a lot of people younger who are getting that level of rejection or maybe even ridicule might not have. May I ask, no obligation to answer in terms of... and I'm sorry you said a-neurotypical?

Misha: Neuro-atypical.

Sally Goldner: Neuro-atypical.

Misha: Neurotypicals, simply meaning that without a formalised diagnosis of being autistic or I mean across the last 20 years there's been a lot of different labels provided. Now for me and the way I work as well with families and children and people is that there is a spectrum of... of neural activity and there is a form many, many individuals they may actually feel comfortably... comfortable or able to operate within the social, social interactive limits and/ or parameters we have and as I see for, for me I have a visual I guess I'll say it's a visual layer, that's the best... or energetic layer which makes it very clear and simple for me to detect when something's say untrue, untrue or it's not resonating and that makes it, made it very difficult when I was younger to listen to someone say, "Oh yep, I'm ok" or, "yes, that should be fine", and I'm thinking, "but that's an untruth and how do I resolve that?" And so that made interaction socially very difficult. And so over time... and if I had been able to accept within or no within myself that this was simply part of my wiring the way I see the world and the way I think, then it would've made you know, the last part of 40 years much easier. I'm 45 years old and I turned 46 – just sort of random information here – I turned 46 on the 23rd of September which a few years ago when that became Bi Visibility Day, that just made me chuckle.

Sally Goldner: Oh, well, you're you are extremely connected, and look I was just I was just going to say that in terms of neuro-processing yours truly identifies very strongly with the highly sensitive person, and there's a great meme from climb from a piktochart a break down, things we can't get enough of authenticity... authenticity; honesty; straightforwardness and then things we have a low tolerance for and that's, number four says, bullshit. So somewhere in the neuroprocessing kaleidoscope yours truly is very, very much with you. Also, things we have a low tolerance for: those who can't see the bigger picture; busyness and being rushed; meaninglessness; insults to our intelligence, we need I think we need to do a compare and contrast off here.

Misha: And I think that's, that's the thing too. I have... I've enjoyed... I've enjoyed the evolution stuff of my personal journey of binding the language, I'm also curious about what the language will be in the future, whether it was in the as the topics of you know, sexuality and gender and identity generally diversify, I would hope that

the language can become so gentle or weave its way in in a less pointed way, but simply be a description. And I would love you know, one day that as I you know chat to someone and as simply as people ask each other, "ah so you know, where are you from and what do you do?", I would love the natural question to be, "so, you know, how do you identify? And where do you feel your home ground is?" You know questions like that are the ones I already ask, but I'd love them to be the usual because it often opens up so much more and even though people do ask me of course "oh, what do you do?" which I find an incredibly challenging question because I'm like, "oh, which spoke of the wheel do you want?" I quite enjoy saying "well, how about I tell you a little about how identify and then we can explore both, you know, some of what I do some of how I identify and therefore what links in with you and your identity and your purpose and your you know, where you would like to be heading in the future?" I think will leave... allow for more open and broader discussions.

Sally Goldner: Yep. Oh gosh, look, you know I've sort of got to get... we are bit close to the end of the show so I'm going to just sort of have to...

Misha: Of course!

Sally Goldner: wind up a little but we've course you are here in the context of The *Stand Bi Us* conference.

Misha: Yes, yes.

Sally Goldner: Is there anything you're looking forward to generally or specifically as part of Friday the 18th through to Sunday the 27th?

Misha: Specifically I will stay the... the panel discussion on the on the Saturday, next Saturday I am very much looking forward to because I'm part and I get to meet a few people and hear their stories and even if I wasn't on the panel, I would be listening to their story, and I do enjoy hearing where people have come from and how they've made, how the come into their own reality. So I'm not a very big one for listening to people complain about a past, but I am very enthusiastic about listening about the past in order to hear how something is moulded into, you know, the reality the present, day and then for the future as well. So, I'm looking forward

to Saturday and across that multicoloured calendar of events. I'm looking to see which ones I can jump into because with my very variable schedule I'm not quite sure but I know I'll just be clicking in and getting a taster probably one of those, you know little thump plates of they do those for gin, gin drinks sampler and wine samplers and whiskey samplers I'll be doing that with the *Stand Bi Us* conference sampling

Sally Goldner: Sounds like a fair thing a sampler plate sort of like yeah, what is it one of those like antipasto type of plates?

Misha: Yeah, something like that. So I may not get the full picture, but I'll be really keen for the samples and the bits and pieces. And of course, I've had the privilege of meeting so many people with different passions than behind the scenes and just it's been an exciting few weeks, and I've been very happy for the welcome as well for the inclusion. So there you go Sally. I'll leave you to your, to your day and the rest of the show and a winding down the hard thing to do.

Sally Goldner: Well, you're a bit of a wrap it up and *Freedom of Species* coming in at one. Look Misha, an absolute pleasure. It is, I just say very warmly it is people like you that make our humanity including our rainbow communities, including our bi+, including pan communities, just so amazing and I just it was in the nicest way that was the easiest interview I've ever done because I just had so much I had to I wanted to listen to as well. So...

Misha: Thank you Sally, you're a delight, it's been a pleasure and I'll meet you in less than a week.

Sally Goldner: For sure, counting down have a good afternoon, see you.

Misha: Bye.

Sally Goldner: Misha from the, well the state that is now called South Australia and talking about her journey in pan-is. Well apropos of nothing, today's the 51st anniversary of the show *Scooby-Doo* and there is well it's not quite apropos of nothing we'll have a little listen to the theme and I'll come back and wrap up the

show. 3CR 855AM, 3CR Digital 3cr.org.au, and 3CR On-Demand. *Out of the Pan* with Sally.

[*Scooby-Doo* by Trap City EU]

Voiceover: 3CR, always bringing you the latest union news. They're coming after us at the moment, they want to get rid of penalty rates the big push for businesses. They want to get rid of all the things that you and I have fought for. So there's tens of thousands of jobs gone contracted out to sham contracting arrangements. On 855AM and on the web 3 3cr.org.au

Sally Goldner: I'd better wrap it up. Gosh, a packed program. I just have to say once again. I share in the excitement of someone who went to so many so-called LGBTI type of conferences throughout the 2000's and early 2010's and there wasn't one bi session, this is just going to be a joy in the words of a certain musical picture show person, anticipation. Once again, where do you get the information? StandBiUs.com; also the page on Facebook. And yes, played the *Scooby-Doo* theme because it is the 51st anniversary of the premiere of *Scooby-Doo* and well there were some questions about Velma and Daphne; was it a bi or lesbian relationship? Only questions, I'm not making allegations just asking the questions and I'm off to have a Scooby snack and also yes, we've got to say it everyone out there as you're listening on a count of three one, two three, I would have got away with it if it wasn't for those pesky kids. And well, all the unwanted sexual to saying they would have got away from it like that if it wasn't for those pesky bi+'s. Anyway, I'd better get out of here and make way for *Freedom of Species*. Thanks. Once again to Neen and Misha my apologies to Misty, but who's been on the show before very, very excite balls. And anyway, take it out today. It's also another anniversary on this day. I think it was 1957 the patent went through for Velcro. So apropos of nothing bi or pan or anything else, yes. It was the Swiss inventor, George de Mestral been granted a patent for Velcro here's ZZ Top and a *Velcro Fly*. Thanks for tuning in to *Out of the Pan*, I'm Sally Goldner. Catch you next week.

[*Velcro Fly* by ZZ Top]