

'Out of the Pan' Broadcast 06-Jun-2021

'Mental health in light of the Naomi Osaka situation'

Content warnings: mention of mental health/illness and sexual assault

[Podcast Intro] Thanks for downloading a 3CR podcast. 3CR is an independent community radio station based in Melbourne, Australia. We need your financial support to keep going. Go to www.3CR.org.au for more information and to donate online. Now, stay tuned for your 3CR podcast.

[Show Intro: Opening music plays. Speaker: Sally Goldner]

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, 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.

[Snippet of 'Let's Cook' by Mental as Anything]

[Song: 'Nothing on My Mind' by Paul Kelly]

[Speaker: Sally Goldner] 3CR, 855AM. 3CR Digital, 3CR.org.au, and 3CR On Demand, 'Out of the Pan' with Sally, first broadcasting noon to one every Sunday afternoon. Well, pretty much every Sunday afternoon, maybe four or five times a year when we've got things like Pride March or something. Thanks very, very much for your company. 3CR proudly broadcasts from the lands of the Kulin nations at the we'll say overlap of Wurundjeri and Boon Wurrung, and we pay respect to elders past, present, and emerging. Acknowledge any Aboriginal and Torres Strait Islander peoples tuning in, hello to you and acknowledge that all the lands were stolen and never ceded.

And very much thanks to 'Out of the Blue', diving deep for the marine news, as they always do. In a lockdown diving in your bathtub, sort of way, I suppose at the moment, but lots going on there, and if you were listening, they snuck in some Barnsey, now you're talking! And we just opened up with Paul Kelly, 'Nothing on My Mind', which we'll

come to the theme of the show in a few moments, which has relevance, anyone would think this show was planned! And, well, there might be some truth to that but wouldn't – and would it be a defence against defamation? I don't know. That's a reminder to say that any opinions on the program are strictly my own and not, those of any organisation with which I am associated past or present. I can't predict the future, I'm not Marty and Doc.

Lots of ways to get in touch with the show. How do you do it by all the modern means of communication? You can email outofthepan855@gmail.com, you can tweet @salgoldsaidso, and that's the bottom line. Look for posts on my page, Sally Goldner and 'Out of the Pan' 3CR 855AM Melbourne and you can SMS +61 45 675 1215.

And that's a good lead-in to just catch up on an SMS that came in right on the end of last week's show from regular and – sorry, I beg your pardon, awesome listener Xavier, 'Out of the Pan' and 3CR only have awesome listeners. I wanted to talk to this. Xavier's come in and said, posted just after the show finished last week, gosh Sally, you have passion, ethics, and enthusiasm for supporting us all. Thank you for doing your show live once again even though we have locked down, thank you Xavier.

Well, look in the words, the words of the immortal sports entertainment commentator, Jesse 'The Body' Ventura the pleasure is all theirs, well really the pleasure is all everyone's because I love doing this show and I want to talk about that later in the show in the context of course of our radiothon. But it really is an all direction, well traffic lighted sort of street or something, because coming in, giving the show, connecting with people like yourself, Xavier, and many of our awesome listeners is very much a case of give and take, and I hope that the discussions and the get back to some goo-ests in some shape or form soon. Hopefully, I do hope that that adds to people's lives and I really get great enjoyment out of doing it every week when I'm in here and well, thank heavens to the coffee providers on the way here.

What are we talking about today? Now we'll be talking about mental health, but I think we can keep the content warning at low level, maybe a little edging up to medium. Won't be going into great detail, just talking about the issue in the abstract. All the same, as much as we love all our awesome and loyal listeners on this show and all of 3CR, if that

is a topic that is upsetting quite happy to tune out, and perhaps listen when you're able to, all that sort of thing.

I wanted to talk about this in the context of the events during the week regarding Naomi Osaka, media conferences, pulling out of the French Open. First and foremost, Naomi, wishing you every strength in your recovery from depression, any form of mental injury, which is a nice, I think, way we could describe mental health issues, which we don't. If we have a physical injury, we call it an injury. And yet, we don't. So Naomi, wishing you every full speedy recovery and wishing you back to the best possible holistic health, including mental health, and recovery from mental injury as soon as possible.

And of course, mental health is of huge relevance to people in LGBTIQ+ communities lesbian, gay, bi, trans, intersex, queer, asexual/aromantic and more, sometimes called queer for short. Because when you face discrimination, negativity of any degree, it will run you down. And it might not seem like it's big times. Sometimes it's the little things, say a trans person who's not – pronouns are not used correctly time and again, forms are not inclusive and say, 'male or female, circle one' rather than 'gender (blank line)' and optional, and the term here, it's sort of, the simple term is death by a thousand paper cuts; the technical term that often gets used is microaggressions.

Bi people who, so much in the past, although it is shifting, have had to listen to things that deny our identity, like 'get off the fence', 'make up your mind' and all those sorts of things.

People like me who, in terms of neuroprocessing, identify as a highly sensitive person, which isn't so much a queer thing, but are told 'you're too sensitive', 'you read too much into it', 'you're overanalysing it', blah, blah, blah. Well, we do what we do and we see things in greater detail. Isn't that a strength?

So, yes, discrimination and mental health issues very, very much link to sort of queer communities. And this is why, I think, from our communities, there's been a huge amount of empathy of and support for Naomi Osaka. And the analysis on this has been huge; there's a good article which I was just having a quick skim of in today's *Sunday Age* which I'll refer to shortly which looks at this gee, surprise, surprise from a gendered viewpoint. And why I say that is of course that so much of our societal thinking comes

from, in the simple language, male/masculine viewpoints. And that includes things like healthcare, and they're often seen from a point of view of male dominated – of male, masculine, masculine thinking, and that can include mental health.

I have concerns about the amount of use of cognitive behavioural therapy, which sort of asks you to challenge your feelings. Well, not that he's the greatest health professional of all time, but to quote Dr Phil, 'all feelings are valid'. Well, maybe he didn't say that, but seriously, it's a fair – feelings are valid, why should they be challenged, why should they say they're a block to your thinking? They may be, they may not be.

I think that there's a start on how gendered health care is, and how often stereotypically gendered. Or when we see diagrams in sexual health that have, we'll say male endosex and to some extent cisgender bodies, and female endosex and cisgender bodies. Where are the depictions of intersex? We could go on about sort of microaggressions.

But the article to which I am referring which, in the print version, is on page 14 of today's *Sunday Age*. And I really like the linkage of this and the article by Jacqueline Maleyⁱ here. Big tick. As I said, haven't read it all backwards in detail but a quick skim was just going lightbulb, lightbulb, lightbulb moment. And the headline says Markle, Osaka and the trampling over women who dare to complain.

We have also seen, and I'd better say content warning for mention of connection to sexual assault, just mention only, Brittany Higgins is now getting extra support after her mental health collapsed. And of course Brittany Higgins raised allegations of sexual assault in federal Parliament, or by a federal Parliamentary staffer. And we've seen many other things this year as well. And so is that a sign of just how deep masculine and I'll say negatively masculine, whether we use toxic masculinity type language or not, use another, you know, it's really hair-splitting how far does it run?

So let's put this in the context of Naomi Osaka. Naomi is someone who is very good at hitting a ball with a tennis racket. That is a unique skill. And I'm not an expert on sort of these things, but we all have – I was thinking of becoming at one point a careers counsellor or careers advisor. And there's a, there's lots of ways you can do that. No sort of test or indicator is perfect, they have their strengths and their limitations, they can give you at least an idea on yourself, if you haven't thought about it.

One such careers test – it's very rough and ready, granted – is called either John Holland theory or RIASEC. Now, what does that – we love acronyms in our community – what does this mean? RIASEC stands for Realistic, Investigative, Artistic, Social, Entrepreneurial and Conventional.

Realistic people like working with their hands and using objects. Hello, person hitting ball with a tennis racket.

Investigative are just that, investigative journalists, researchers.

Artistic, not just in the sense of music and dance but other things like just creative, unconventional thinkers.

Social, people-oriented organisations like mental health professionals.

Entrepreneurial, well, pretty self-explanatory. You know, sort of, business people, whether for we'll say, regardless of – doesn't say e for ethics there. Did you hear about the journalist who thought ethics was a county in England? No, that's another story.

And then C, conventional things that such as, say, accounting, which is perhaps a little more routine. They're all equally valid and equally vital. We value all forms of diversity.

Now let's look at that you know you know respectfully in relation to Naomi Osaka. She's obviously realistic. Is she someone who, you know, if we go through those and everyone has three predominant codes. Usually I, for what it's worth, am an ASC – artistic in terms of creative and unconventional and occasionally, singing and stand-up comedy, another story. Social, love people, love communicating, and conventional.

Now, there's no doubt that obviously a tennis player would probably come a lot under the realistic but we don't know what Naomi's sort of second and third codes are. But it might not be that she likes speaking. She said she's a shy introverted person, which of course is perfectly valid, but she's supposed to suddenly be eloquent at press conferences and she might hate them. She might, like me occasionally, feel overloaded as a highly sensitive person. So there's all these aspects to it, yet she's expected to do

it. Why? Maybe because male journalists think so, maybe because it's the media think that they're God. Who would you rather have at a press conference, Naomi Osaka or going back, John McEnroe, 'bad boy' Jimmy Connors, those sorts of people? You know, is that what we're expecting press conferences to be, because of masculine thinking? So, there's lots of angles that can come in on this, as I say. First sum it up for now, most – first and foremost, Naomi's mental health and second, how do we do it better, do we have – what are the implications of this?

Love your thoughts. So let's have them on all the modern means of communication: email outofthepan855@gmail.com; SMS +61 45 675 1215; tweet @salgoldsaidso, remembering that's the bottom line. Posts on Facebook, my page, Sally Goldner and 'Out of the Pan' 3CR 855AM Melbourne. And in keeping with our 'mind' tracks where we opened with Paul Kelly, 'Nothing on my Mind', let's have a track from someone called Barbara Tucker, 'Stop Playing with My Mind'. 3CR, 855AM. 3CR Digital, 3CR.org.au, and 3CR On Demand, 'Out of the Pan' with Sally.

[Song: 'Stop Playing with My Mind' by Barbara Tucker]

[Speaker: Rory MacLeod] Hello, I'm Rory MacLeod, I live in Scotland and I love radio. I can do the washing up, I could be in the garden, I could be in the car driving, when I listen to 3CR radical radio subscription radio community radio on 855AM. We do stream at 3CR.org.au. So you can become a member and donate money.

[Speaker: 3CR voice #1] 3CR is a community radio license holder. What you hear on community radio is governed by the community radio codes of practice. The codes of practice cover matters relating to program content, including local content, news, current affairs, Australian music, programs for children, and the responsibilities associated with broadcasting by and for the community. They also cover aspects such as community access and participation in the operation of this station. Copies of the code are available from the 3CR website, go to 3CR.org.au/whoweare.

[Speaker: Sally Goldner] 3CR, 855AM. 3CR Digital, 3CR.org.au, and 3CR On Demand, 'Out of the Pan' with Sally. And yes, 3CR are subject to code of conduct. And we hope that that spreads the values that we do in line with broadcasting guidelines. Prior to the messages we heard from Barbara Tucker, 'Stop Playing with My Mind'. Come back to

the discussion on mental health in a second and how the sort of Naomi Osaka situation can relate to queers in many angles.

Just wanted to clear up one thing from last week. In the discussion on Pride March. I raised what I hope I said was a hypothetical situation. I just want to make it clear, I said, hypothetically, if Pride is for everyone, who do we allow in, and I said, should we have – if there is a gay Nazi group, should they be there? Just coincidentally, I've got an article from a friend just before I left home this morning, which sort of, you know, sort of indirectly links to that, and I just wanted to make it clear, that was a hypothetical, rhetorical question and nothing more. And of course, the answer to me is no, you know. It also raises lots of questions about Pride March which, if I get time, will come back to that later.

Hofler has messaged in, hey Hofler. Naomi is also a black woman and has more complexities dealing with the media, and says great discussion today. Thank you for that compliment, and I very much agree. Acknowledging my privilege as someone who is white or Anglo-Saxon. And I mean, look at the situation – now, I'm almost sad to bring it up again – situation, we'll just say involving Serena Williams a few years ago. And well, now that Ash Barty has sadly had to withdraw from the French Open, go Serena, and equal a certain other female tennis player's record Grand Slam wins. Go for it, go for it, go for it.

But I think that is a fair point Hofler, that one wonders if there is some sort of overt and/or unconscious biases going on from the media. How dare a black woman stand up? And, I mean, coming back to that *Age* article talks of Meghan Markle as well and what she faced, is there inherent – is there some you know, overt and/or unconscious bias in terms of racism going on there? Not for me to comment as a white person but I know it has to be a question that needs – has to be asked as well.

So, coming back to our talk on mental health. Yeah. So many implications of this about when people, you know, dare question in any degree of status quo, they can, you know, in simple terms, so much of that leads to them being attacked and then can damage mental health and many, many other things. So I think there's a lot in that, you know, queers have needed to do that, and we do it in varying degrees and of course, even

queers who questioned other the status quo of other queers can cop that as well. And can anyone feel the wry smile coming across the airwaves?

And look, speaking personally at times, I've certainly faced challenges with my mental health, partially to do with queer and partially to do with other stuff as well. And it's not – and that's – and partially to do with advocacy and queer communities and all because you just say hey, hang on, are we just doing the best we can here, and are we including everyone or something? And it's like ugh, these whinging trans and bi people or whatever else it is. For those listening outside Australia, 'whinge' is an equivalent to the word 'whine', w-h-i-n-e.

So these are all things to consider, and I really want to give credit to some of the mainstream media that has come out on this. A great article posted about Wednesday by national ABC Sports reporter David Markⁱⁱ, and it talks about how Naomi's withdrawal has the power to become a positive moment of change in world sport. And you know, and said 'she's introverted, shy, and gets huge waves of anxiety before she speaks to the media. Depression and anxiety aren't just words. They are crippling horrible conditions that can bury the suffer in a blanket of blackness and terror.'

So 'she said the decision was exercising self-care', and she's now taken the further decision to put her well-being first and walk away from it all. 'Exercising self-care' is a quote from Naomi; the rest is in the article. So, you know, this is sort of really putting herself, yeah, sort of first, which you have to do in terms of holistic health care, including psychological. And now there's also a sort of the times where she had to celebrate her Australian Open win in 2019, and she didn't really look comfortable and spraying champagne around at Brighton Beach, notice the pronunciation there. And, you know, so – and she likes one-on-one interviews. Hello, said the introvert, much rather do things one on one than have huge numbers of people.

Great article here, talks about tennis is the job, and the job is playing tennis, not answering questions, and this is really important as well. So what's the good that could come of this understanding? It takes courageous people to make change in the world and we've seen this in other sports, acknowledging that of course we're in the middle of the Doug Nicholls round and last night had well, Dreamtime in the West, I think we'd call it; Dreamtime at the O doesn't have the ring of Dreamtime at the G. And people like

Michael Long and Nicky Winmar have done so much for Aboriginal people, both in Australian Rules but also generally, and that's really, really welcome and important to have.

And the other article that comes out is from Van Badham, which was posted on The Guardian on Thursday the 3rd of June at 1:51 pm, 1351 Australian Easternⁱⁱⁱ. And I really like what she's written as well. She says, quote 'when you're suffering from depression, the medical advice is to check in with your therapist, take walks, eat well, sleep properly, and avoid distressing situations. At no point is the advice to front the international media in a combative press conference format designed to elicit extreme emotional responses from you', end quote.

So I love Van Badham, with great respect as a journalist, you are Van Badass and I like it. She just doesn't take no nonsense from nobody – love to meet her actually. And I think that's a really good comment as well. You know that – you know just because you've got a job in the public eye doesn't mean you aren't allowed to look after your health and well-being. And, you know, look at something else here. Daniel Andrews, Victorian Premier, currently after a huge physical injury is taking the time he needs to recover. But why don't we then allow people of any, whether they're in the public eye or not, to recover properly from mental health? Why don't we support that?

And Van Badham finishes her article by saying, 'What a powerful statement of affirmation and solidarity it would be to millions of human beings with mental illnesses to just let Osaka manage her own health, judge her own game and focus on tennis.' Wow. Yeah, without judgement. What a great thing.

Hofler has chipped in again, 'tennis is predominantly a white sport. They've been Black academics and white writers that have written about it this week in the USA.' Yeah. Well, it is. When we look at that is the sort of sport proportionate and I mean, given perhaps the amount of money it takes to get the training and coaching you need, you know, sort of, that's a start. And course that can disadvantage people who face marginalisation, which Black, Indigenous, people of colour sadly do, obviously in comparison to white Anglo-Saxon et cetera.

So I think there's lots in this debate. It's a very rich debate, but it's good that it's happening, I think, is the main thing. And yes, as someone with an ongoing mental health situation of cyclothymia which I largely have managed but it can still be triggered, I think it's really important to have these sorts of conversations.

Let's have some more music as well and it was great to hear on 'Out of the Blue', as I said today some music from Barnsey, which is always good. Who've we got up next? We've got, well, another Australian musician, Stephen Cummings, and a track from the 80s and well, perhaps what the media does to tennis players in press conferences and the track's called 'Hell (You Put Me Through)'. 3CR, 855AM. 3CR Digital, 3CR.org.au, and 3CR On Demand, 'Out of the Pan' with Sally.

[Song: 'Hell (You Put Me Through)' by Stephen Cummings]

[Speaker: Sally Goldner] 3CR, 855AM. 3CR Digital, 3CR.org.au, and 3CR On Demand, 'Out of the Pan' with Sally, first broadcasting noon through one every Sunday afternoon. Thanks for your company. We just heard from Stephen Cummings, 'Hell (You Put Me Through)', originally off the *Good Humour* album, also on Stephen Cummings' compilation called *Rollercoaster* which, well, could describe mental health as well. Yes, as someone with cyclothymia which has its ups and downs, so to speak, certainly that can be the case.

Well, what can you do to improve your mental health? Blatant segue coming up, you can listen to 3CR. Seriously, you know, connection, which – thanks to Xavier's great message at the start of the show, which came in at the end of last week's show – connection is a good thing, to feel like there's people like there out like yourself, who empath and, you know, and who can empathise with your own situation or even if they're not quite the same is really, really important.

A couple of things, things what you can do for mental health. But 3CR, you know, we talked about connection and it is really important. Before – a couple of weeks ago, I had the chance to catch up with the awesome James McKenzie, long time presenter of 'In Ya Face', and I think I could say, you know, a great friend over 20 years, one of the queer shows on 3CR from four til five every Friday, along with 'Queering the Air' from three til four on Sundays. And anyway, James was saying that during last year, at the

peak of the lockdowns, talkback radio ratings of all sorts, whether it was commercial, ABC, or community went up. People needed that connection. So, 3CR has a pretty vital role to play. And of course, you know, we, you know, are sort of there for lots of people who perhaps don't feel they can connect into something like themselves in terms of what they want to hear or their music taste in perhaps a lot of other media outlets. Not saying all, let's be fair, there are some good commercial media outlets and, despite the pressure on the ABC from the federal government if they don't completely 100% roll over and put their tummy in the air to federal cabinet sometimes, allegedly, in someone's opinion, the ABC overall do a pretty good job as well.

So 3CR is really important and we are getting into radiothon season with community powered radio. Yes, I'm here from lots of communities, neurodivergent, bi, trans, all those sorts of things. Radiothon begins within a week and the 3CR radiothon – sorry, the 'Out of the Pan' radiothon program is in two weeks from now, and I'm going to need your assistance to get to the target of \$1,350. So watch for posts on social media in the next few weeks to remind you. But also and if you're – if you've received my, you know, if you are legally and ethically on my email contacts, you will get a message from me very, very soon and it all adds up so that people think oh, you know, \$1,350. Well you know, every two buckaroo, so to speak, makes a difference. So look down the back of the couch, you know, sort of that sort of thing. Look down the back of Rupert Murdoch's couch for the password to his bank account. No, I didn't say that.

Seriously, every contribution counts and there's lots of ways you can donate. You can call the station during office hours on +61 3 9419 8377 anywhere from in the world. Or if you're in Victoria and Tasmania 03 9419 8377 and all that sort of thing. But you can just donate also on our website, using your piece of plastic at 3CR.org.au/donate and you can do that and put the name 'Out of the Pan' in the program description or that sort of thing. So we know which program to go it can go to. You can also, we can't obviously do in person at the moment, you can post a cheque or money order to 3CR PO Box 1277, Collingwood Vic 3066. As I said, you can pay over the phone, you can also go to direct deposit and the details that I won't read them out. Well, I will, but they are also of course on that page 3CR.org.au/donate. BSB 313 140, account number 1205 9465. That number again, 1205 9465 but please also let the fabulous Loretta our awesome admin and finance person know. It says you can click on an email link, so you can get a copy

of the sort of put your internet banking, sort of receipt-y thing without your account details in there. So you can get a tax-deductible receipt and allocate the donation.

You can – we hope you live forever and ever with the elixir of life – but if I suppose we do have to die, you can bequest 3CR in your will because 3CR is also tax deductible. Lots of good tax-deductible organisations to consider at this time of year. Transgender Victoria, TransFamily are just two, as well as 3CR, but seriously, here with my 3CR broadcasting hat on and rainbow scarf or something really would like to get your support so we can keep doing the broadcasting. And yeah, 3CR, all the shows on 3CR giving so much support. I got my cram guide during the week, the annual edition, and so many great things going on there. 20th anniversary of 'Beyond the Bars'. How many people, media outlets give a direct voice to people who are in custody or detained similar?

We lost sadly two wonderful volunteers during the last 12 months or so, including the lovely gentleman and gentle man, who was Ralph Knight, a story about him. So many other shows in sort of representing multicultural communities, multi – communities that don't get a voice feel that need for connection, as well as I mentioned the three queer shows, many others, and lots of special broadcasts. It was awesome to do the Binary Busters Broadcast back in March, a BBB, have some bees buzzing in and all that sort of thing. That was a great one as well. Just so much pleasure to do it, but we do need your support. So if you can sort of dig into the, into things a little, I know it's tough for a lot of people at the moment, but one of the things that amazes me is so many communities that 3CR serves are disadvantaged, yet so many shows always just seem to get that radiothon target. So we do need your support to keep the airwaves rockin' and rollin' and country and westerning and hillbilly bluesing and hip sista hopping and everything else. So please support 3CR during radiothon and 'Out of the Pan' in the next couple of weeks.

Let's have a listen – talking multicultural a bit, I haven't played this track in a while. It's from Graeme Connors' first album way back in the early 1990s called *North*, a track called 'Sicilian Born'. 3CR, 855AM. 3CR Digital, 3CR.org.au, and 3CR On Demand, 'Out of the Pan' with Sally.

[Song: 'Sicilian Born' by Graeme Connors]

[Speaker: 3CR radiothon promo] 3CR's annual radiothon fundraiser launches in June. And this year, we're asking you to be part of community powered radio. It's only with your support that we were able to be independent, community controlled, and focused on people rather than profits. Your support during radiothon powers the station to give voice to hundreds of people and issues for another year. And remember any amount you can afford makes a big difference, and all donations over \$2 are tax-deductible. 3CR radiothon, show your support during June 2021. 3CR, community powered radio.

[Speaker: Sally Goldner] That indeed is us. A reminder again, how do you donate? Look – look for all the ways, it sounds a bit romantic – on [3CR.org.au/donate](https://www.3cr.org.au/donate). Really appreciate sort of your support and yes, love it for 'Out of the Pan', but really not too fussed if it isn't.

Now Hofler has come in with a good question here. Given that for those in Melbourne metro in particular, we are locked down and we need to find some form of entertainment, what shows do I watch in the mainstream that I enjoy? Look, I can't say I do watch a lot in all honesty, sort of fallen off the net streaming since we unlocked and lost track a little there. Do have stuff to catch up on, I suppose. Look, I don't go out of – I'm not one, I often say that I'm a vicarious watcher because my housemate likes to watch lots of TV. And look, I don't mind MasterChef, certainly better than that other cooking show that seems to have gone away. Certainly the positivity, the constructive feedback much better. And I do like, you know, so that's all right.

I actually watched an episode of *Bull* during the week. And no, I don't, I'm not referring to a Liberal party policy speech. No, *Bull* the story, which is about psych, sort of, psychological profiling stuff, and all that sort of thing. And that was quite okay. Got me captivated in the first five minutes, I suppose it got something. I'd never seen the show before. But yeah, not a big watcher, sort of combination of factors, work can keep me busy. I'm madly trying to take the opportunity while we are locked down to catch up on paperwork and stuff, things what I haven't done and other things to the detriment, talking bodies, of my own body. Without the swimming at the moment the body stiffened up during the week and had to get a bit of a urgent chiropractic session in. So yeah, yeah, sort of lots of thoughts there.

Now Mel's come in, one of our awesome listeners as we call them, 'great show Sally, do you think we need more journalists to be trained in mental health? I love Van Badham as well, but we need more diversity in our media with BIPOC journalists that can deconstruct issues and have the sensibilities and lived experiences. It's a complex issue with Naomi as there are cultural issues how she was raised as well. A Japanese parent that's been by some journalists.'

Not quite sure on the last comment there. See if we can sneak it in in the last few minutes. What's going on there? Well, we need more journalists to be trained. I think there is increasing training. I mean there's good work done by lots of media – sorry, organisations, the organisation SANE^{iv}, which looks at mental health, including mental health in media. And I've utilised their sort of online slot to register concerns about how media represent things at times. And I think so more journalists and more and better training for more journalists as well. So just to flesh that one out. Yep. Van Badham is cool. We do need more diversity in media. I've jokingly said before, this is a face for radio. But hey, if someone gave me a shot on a, you know, a TV show, a panel discussion type of show, as someone who defies that saying about most people would rather die than do public speaking. I'd rather do public speaking than die. Well, I'll give it a shot, I think we should need – we need that. As long as people can put up with puns and World Wrestling Entertainment references, it should be all right. And yeah, it is complex with Naomi, cultural issues, you know, and that's the thing. You know, there's a phrase that I talk about in the work that I do, individual-centred care and really everyone is individual and it's important.

Now we very – just very quickly looking today at the bulletin for *The Guardian* that came in at lunchtime. We've talked a lot about mental image in affirming people, well, mental injury, well, great article by Dejan Jotanovic. Hope I have the pronunciation there, the first letter of the family name is a J. And it begins, 'The truth is that most bellies do, in fact, bulge. We need to see that on our screens.' And what, I suppose, snapped me into this article, the first words are 'like most gay boys I had my sexual awakening' blah, blah, blah. So, you know, I think that there's a lot, of course, body image stuff that goes on in, well everywhere. But for gay men, and I'm not a gay man but certainly aware of it, that sort of stuff does happen.

Well, packed program. Thanks once again to all our awesome listeners for their comments, to Mel, I might have to catch up with the rest of your thread next week, to Xavier, to Hofler, to all our listeners. Thanks and remember to, you know, support 3CR including 'Out of the Pan' in radiothon. Once again, www.3CR.org.au/donate for all the ways.

And we'll take it out today with a bit of Dire Straits. And, you know, to get us through to one o'clock for 'Freedom of Species'. A new program, 'Rotations', on at two. And then 'Queering the Air' at three. Which one will I play? I'm just having a look here; I think we've been a bit heavy today, so we'll have some romance, hopefully, let's have 'Romeo and Juliet'. Thanks for tuning in to 'Out of the Pan'. I'm Sally Goldner. Catch you next week.

[Song: 'Romeo and Juliet' by Dire Straits]

ⁱ <https://www.theage.com.au/national/joining-the-dots-between-the-queen-s-racism-scandal-meghan-and-other-women-scorned-20210604-p57y7p.html>

ⁱⁱ <https://www.abc.net.au/news/2021-06-01/osaka-withdrawal-watershed-moment-understanding-mental-health/100181014>

ⁱⁱⁱ <https://www.theguardian.com/commentisfree/2021/jun/03/anyone-with-a-mental-illness-is-watching-naomi-osakas-treatment-unfold-in-horror>

^{iv} <https://www.sane.org/>