'Out of the Pan' Broadcast 18-July-2021 'Intersex reform; celebrities, demisexual; Olympics and Barnesy' Content warnings: Caitlyn Jenner, transphobia references, COVID-19

[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: 'Gimme Shelter' by the Rolling Stones]

3CR, 855AM. 3CR Digital, 3CR.org.au, and 3CR On Demand, 'Out of the Pan' with Sally first broadcasting noon til one every Sunday afternoon. Thanks for your company. 3CR broadcasts from the lands of the Kulin Nations and we pay respect to elders past, present, and emerging; acknowledge any Aboriginal and Torres Strait Islander people tuning in, and acknowledge that all the lands on around the archipelago, the extended archipelago as a friend of mine called it yesterday was stolen and never ceded. 'Out of the Pan' is a show covering pansexual issues hosted by me, Sally Goldner, pronouns used she/her, and thanks to the crew from 'Out of the Blue' diving deep for a range of marine news as they do every Sunday.

On the show today, well, we've got a packed program and it got more packed, I'll tell you, why is that? We've got all sorts of things to talk about: the Olympics is one thing, celebrity culture—some might say that's an oxymoron—we'll talk intersex with some good news here in Victoria during the week, and also we'll have a track from the new Barnsey album, which is sensational a) because it's Barnsey and b) because he just keeps getting better and better. We don't make political announcements on this show but if someone did say hey we'll have a joint Prime Ministership in Australia with Ash Barty and Jimmy Barnes, well, I'd make a political announcement. Just two people who keep just, you know, growing in their emotional maturity and in their way and doing leadership which is an ongoing theme of this show.

So lots of ways to get in touch with the show if you've got your thoughts on this issue and the late mail that came in. There's a good article in today's *Sunday Age* here in Melbourne, possibly in other Nine media, page 20 of the tree version about

demisexualityⁱ which is something I think we could talk about as well, right in the ballpark of the show, knowing no boundaries of sex, gender, or genre. If you want to get in touch with the show, there's all sorts of ways to do it. You can email outofthepan855@gmail.com; you can SMS +61 45 675 1215; you can tweet @salgoldsaidso and always remember that's the bottom line and by goodness was it good to have a live crowd on *Smackdown* yesterday and of course, the first pay-per-view, consistently returning pay-per-view *Money in the Bank* on nine o'clock pre-show ten o'clock Australian Eastern tomorrow and that's definitely the bottom line, crowds there as well. And hello to the pansexual universe, all people listening. You can look for posts on Facebook on 'Out of the Pan' 3CR 855AM Melbourne, on my page, Sally Goldner. And remember all opinions on this show are strictly my own and not associated with any organisation past, present, or future that I'm associated with. Well, I can't really talk for the future; who do you think I am, Doc or Marty or something? The space-time continuum, something like that.

Well, lots of things going on. And well, I was hoping to try to get someone of intersex experience on the show but the good news, of course, this week is that the Victorian Government has taken a step forward on intersex which is incredibly welcome. Because I think that whilst we've had overall—note that qualification—progress for lots of the LGBTIQA+ communities, there hasn't been in Australia, and I'll just confine this to Australia for now, for a second, a lot of sort of intersex specific stuff. Yes, there was inclusion in federal anti-discrimination law in 2013 and we're close to the anniversary of that coming into effect, 1st of August 2013. So eighth birthday, it's growing up fast.

But, and at state level, when the laws outlawing so-called conversion practices, went through Parliament on 6 February this year, when it comes into force next year, in February 2022, it included updated definitions of sexual orientation and gender identity, and put a really good definition of intersex in. Following from that the Victorian Government on Monday announced the release of its (i) Am Equalⁱⁱ paper. I like that, bit of punning, sort of punning, play on words and letters there. The Victorian Government has released its (i) Am Equal paper announcing its commitment to develop a mechanism to prohibit deferrable medical interventions modifying a person's sex characteristics without personal consent, alongside an oversight panel to ensure compliance with such a prohibition. The paper is now available online and Equality Australiaⁱⁱⁱ partnering with Intersex Human Rights Australia^{iv} to provide advice on the establishment of an oversight panel and you can have your say.

Now for people who are endosex, e-n-d-o-sex, which is for those people who sex characteristics fit societal and medical expectations or norms. So, you know, you can—in simple terms hold up child once you separate it from birthing parent and go 'male' or 'female' and instantly go one or the other, male or female and nothing changes to that effect throughout life. We don't discover that the person's hormones flow differently, or that they have an X or XXY set of chromosomes. That's endosex, parallel if you like to cisgender, it's sort of what's expected about these things is one way to look at it. And you can have a say, we need endosex allies to really speak up her because I note that our—of the various parts of the rainbow, as I say, intersex further behind.

Should be noted that the updated state definition of sexual orientation gets away from using just a few particular words, like homosexuality, lesbian, bisexual, and puts a broader definition that will cover asexual and aromantic people. So we've got some coverage in for the A, which is pretty cool. And so, but not yet on intersex. So there is a consultation paper and you can register for an online workshop and interested stakeholders and there's a whole heap of these, I should give the link, you can go to health.vic.gov.au. I'll pop the link in under the links on today's shows and on Twitter during one of the tracks and all sorts of things, you can also email someone in at Equality Australia, but I really think it's up to, you know, sort of endosex allies to support intersex. As I say, not the progress and it hurts. As someone who's trans and bi and often felt left behind by-in some of the debates we've had, well, you know, let's get on with it. And just having a look at the link here, as we go to it on www2.health.vic.gov.au, I'll pull the full—as I say, put the full link in, you can download either in Word or PDF a paper on all of this. It's really important that you do. And just live opening of documents on air, people of all genders and sex characteristics and/or sex characteristics, here we go.

Whole range of stakeholders involved and that's really important, I was hoping, as I said, I was hoping to get someone from of intersex experience on because of course, it's all about them. And there's an Intersex Expert Advisory Group in Victoria, Intersex Human Rights Australia, Intersex Peer Support Australia, the Royal Children's Hospital, Monash Hospital, Human Rights Law Centre, Equality Australia, Australian Human Rights Commission, some Vic Government departments, and other key stakeholders. So the fact that all these people have got to the table, I mean that's important, I know there is a lot of emotion as much as I as an ally I can say that I think there's been a lot of emotion going on there in the past and understandably so. So we're communicating, by Godfrey, there you go. So that is seriously incredibly welcome that, you know, that is underway and some good news. So yeah, welcome your thoughts on all of that, sort of whether you are—and you don't have to say whether you are of intersex experience or not, you know, sort of that's your call—but if you do want to get in touch, let's go through those means of communication. Again, lots of ways to do it. They are outofthepan855@gmail.com; you can SMS +61 45 675 1215; you can tweet @salgoldsaidso and that's the bottom line. Look for posts on Facebook, Sally Goldner AM from a couple of hours ago and 'Out of the Pan' 3CR 855AM Melbourne.

And musically on the show today, well, we opened with the Rolling Stones from *Let it Bleed* and 'Gimme Shelter'. And well, we are all needing our shelter at the moment. We've got to pretty much stay in that shelter, don't we, in Victoria and New South Wales here as part of the extended archipelago [ark-ee-pela-joe], archipelago [ark-ee-pela-go]? You say archipelago, I say archipelago, you say... Seriously, so yeah, we're needing our shelter and of course in the larger lockdowns, during last year, there were a lot of reports of homeless people facing nonsense from police, which was pretty inappropriate. Also people for trying to access the North Richmond injecting room. So we think and feel for you in these lockdowns. And, you know, sort of it's tough. I don't think—there's no one who likes COVID or lockdowns out of nearly 7.9 billion humans on

the planet but, you know, some of us are doing it worse than others. Let's have our hearts and compassion there for whoever is doing that, whether you've—whether it's someone's lost income, their business is struggling, or perhaps people who don't have a chance to sort of get out there and do it and to be, to have the full, full life is what I mean by doing it. So yes, here's a track that speaks to that, talking music. Here's Totally Gourdgeous and their track 'Strangers and Foreigners'. 3CR, 855AM. 3CR Digital, 3CR.org.au, and 3CR On Demand, 'Out of the Pan' with Sally.

[Song: 'Strangers and Foreigners' by Totally Gourdgeous]

[Speaker: 3CR Speaker #1, over 'Focu D'amore' by Canzoniere Grecanico Salentino] This is 3CR, 855 on your AM dial. Please subscribe. The community is important, spirit of community is the most important thing. So subscribe.

[Speaker: 3CR Speaker #2] There's kind of a lot of—a lot of things that are coming up to the fore at the moment as well. Particularly, in terms of the way that we imagine, for example, essential work, and also sort of essential community life or essential caregiving and how those, how those function. If we think about sort of the way queer family often takes very, very sort of different forms, and very, you know, important and meaningful forms that often don't match the picture of normative, heteronormative family life, but how so many of the of the affordances or the restrictions or the kind of the government—governmental sort of imagining of the way that we should live and what we need to live and what we need to survive really is shaped around heteronormativity. You know, it's around the family life in the suburb as opposed to many, you know, single individuals who have shared queer family, both sexual and community connections that sustain them and that kind of give them, give them life and give them, give them sort of energy, and comfort, and safety, and security, and support.

[Speaker: 3CR Speaker #3] You are listening to 3CR community radio. 855 AM on digital and online. 3CR radical radio.

[Speaker: Sally Goldner] That indeed is us, 3CR [coughs]—why does it always want to come up just as you start talking? 855AM, 3CR Digital, 3CR.org.au, 'Out of the Pan' with Sally, first broadcasting noon til one every Sunday afternoon, covering pansexual issues knowing no boundaries of sex or gender. And of course, as with the opening track, 'Gimme Shelter' by the Rolling Stones and Totally Gourdgeous 'Strangers and Foreigners'. Permission to play air guitar, air drums, or any air instrument you want because we're diverse on this program, permission granted and/or to do a sort of imitation of Mary Clayton, doing that duet vocals with Mick Jagger, mmmm, awesome stuff.

Well, bit of controversy during the week in terms of things what have been happening because there's allegations, of course, not proven yet that, that celebrities are entering the country and taking places in quarantine because of *Celebrity Big Brother*. Now, say allegations, I don't want to be accused if they don't turn up on the show and I get

lawsuits and pantsuits and some other suits sort of thrown at me or anything, but that's what's going on.

One of our awesome listeners, remembering that 3CR including 'Out of the Pan' only has awesome listeners, not regular listeners. Well, we've had a couple of people come in and sort of one of the who—allege come in and who had allegedly going to be on *Celebrity Big Brother*, one of whom is Caitlyn Jenner, out trans person, don't know their exact label or anything, but of course, Caitlyn Jenner, you know, sort of everyone has a right to their own story and Caitlyn has hers. But caused controversy over time, lack of awareness of her own privilege, other things, did try to learn. I think, to some extent, maybe didn't learn it all, or learn it all of it, I should say to be precise.

And then, of course, we've had a right-wing type of person, same allegedly in Australia, and make nasty remarks about hotel quarantine, which have raised the ire of people, particularly those Australians who desperately want to get home to reunite with loved ones here, regardless of whether they are family of origin or family of choice as per our last message, so to speak. And I'm not even going to mention the name of the right-wing person.

Now, I will say one thing of relevance to this show and I know it's not the biggest point out of all of this. But Caitlyn Jenner has just been referred to as 'a' celebrity not 'the transgender celebrity' or 'the trans celebrity' or anything else. I know that's not the biggest thing but, you know, in the past it would have been that and then I would have had to say, why don't you refer to the person I'm not naming as 'the cisgender celebrity', but of course, that's—I did want to mention that.

But it's not the biggest point and it's like, why are these people coming here a) when, as I say, your proverbial average citizens can't get home to be reunited, b) the person who I'm not naming and giving the airspace to has atrocious views and is just sensationalist and the whole caboodle. And yeah, it says a lot that that these sorts of things happen and we can analyse that to a large extent in terms of how Murdoch media has downgraded standards of media and ethics in so many places around the world and all those sorts of things.

So yeah. And Mel has emailed in again with concerns about this and has made some—her usual thoughtful observations on this whole scenario and saying that Australia is so—quote, 'Australia is so broken. What a country. Red carpet for [the woman I'm not naming]'. Not, you know, sort of Caitlyn Jenner. 'Threat of jail for citizens (who desperately care about keeping their loved ones safe and are only asking for a viable pathway home).' And that's a quote from prominent journalist living in London, Latika Burke, end quote.

Look, we've got some issues but let's just say I'm not going to go into a lot of detail on some current events. You know, here in the studio, electronic media, considered an essential service do I am here for as other 3CR presenters may be. But yeah, we're not really doing the right thing and, you know, if as you say Australia is so broken, well, we

are pretty broken on so many angles. To think we were once held up as a leading sort of so-called in inverted commas 'liberal democracy', and that's liberal with a very small I, don't you worry about that, but let's just say I'm not going to go into analytical. I think people are a bit emotional at the moment. Analytical. No, she's not a drag queen down at the—down at the Exchange or on Oxford Street, whatever's left of it. No, analytical, meaning analysis. Anne Alasis. No, that's her cousin. Seriously, I think people are pretty emotional, but I think the time will come when we'll have to look at that, sort of about, you know, sort of what the wider implications of things that are happening, and the sort of decrease in ethics, in this country and that people are sick of a few selective interests dominating debate to such a large extent.

But occasionally commercial media can get it right, moving on, and one such report which made the proverbial late mail and I had seen a bit about this as I said it touched on earlier, page 20 of the tree version of the *Sunday Age*. The headline is 'Demisexual isn't "not being able to get laid" by Marnie Vinall, V-i-n-a-I-I, and the first line, sometimes you can search for this if you want to look at it in your search engine. When Michaela Kennedy-Cuomo, the daughter of New York's Governor Andrew Cuomo, recently said she identified as demisexual, ears pricked up.

Now, what is demisexual? Which it says in this article coined in 2006 widespread according to a very authoritative source, the AVEN^{vi}, the Asexual Visibility and Education Network. So demisexuality, according to Professor Megan Carrol at California State University, San Bernardino, says, Doctor Megan Carrol, 'Demisexuality is a type of asexuality where people do not experience sexual attraction unless they have formed a close emotional bond with someone – and even then, a close emotional bond doesn't guarantee sexual attraction' she says.

So I don't really like what the article said, not in quote, demisexual people have difficulty in feeling sexual attraction to someone they're not friends with ought first or have some sort of connection with. Well okay you know sort of that's reasonable-ish, I'm not sure I'd call that technically accurate. Of course everyone's definition of even any word is their own, which I suppose is fair enough too. But thankfully the *Age* article has come to some Australian sources and one of course we totally trust, Dr Maria Pallotta-Chiarolli, a goo-est on this show about 16 months ago, independent researcher at Deakin University and founding member of the Australian GLBTIQ Multicultural Council says, 'labels such as asexual and demisexual are useful in helping people understand who they are and communicate that to others'. And then says, quote, 'The only problem with labels is that people should never feel stuck in a label or feel like that labels never change, and they can't change' end quote, says Dr Maria Pallotta-Chiarolli. Good call. Yes, things are fluid.

So I think this is something that we need to discuss. Some people may have seen, you can search this online, the gender unicorn^{vii}, which I really like is a really useful resource. And there is also an advanced version, the flying unicorn^{viii}—see, unicorns do exist! But I think it is really important that sort of, you know, we do discuss this, because not everyone wants to immediately rush in and have sex, that sort of steamy moment

you see in Hollywood movies and it's usually cis male attracted to cis female. But occasionally it might be something else, but it's still that oh, we're looking in each other's eyes and the violins play and the stars explode and all that sort of thing. Well, some of us aren't like that. I've sometimes thought I'm somewhere in the demisexual area. Need that connection first, can't rush in. It's very few times where I've met someone first—met someone and sort of had that, as a friend of mine in who does—I do diversity education with, you get that [gasps] moment. Well, you know, fair enough. And, you know, it's, you know, of course, whatever your sexual and romantic attraction combination therein thereof is, so long as it's safe and consensual and of appropriate age, really is the main thing. And if that's how you feel, that you don't want to rush in, fine. But if you do and the other person or persons consent, hooray.

Mel's also emailed in again. Great show. Thank you so much. Good to be in here. As always have asks, have you—me, Sally—been vaccinated and what is the waiting period for getting a vaccination at these centres? Any feedback greatly appreciated by your listeners? Well, I haven't been yet, but I am booked in at long last for a Pfizer shot, and now that is on Tuesday the 3rd of August. So counting, counting the days, 16 days to go. Can, no, that was counting the ways. That's something else I'm still on the demisexual mode. Seriously. No. So haven't been yet. Now, I've always said that I'd be happy to get Pfizer, few weeks back on the show I expressed my personal and I'll say subjective concerns about AstraZeneca. Well, I have to say I'm glad I listened to my gut on that one. So not to hassle schmassle about that. So yeah, not yet. Let's—we'll find out as I say in 16 days. Will it be a pain in the arm? I said that. Seriously. No, look, I'm, look glad for—glad to get it underway. I think it's got to have—my personal subjective opinion is it's got to happen and I respect some people might be cautious about getting vaccinated and that's their right to, you know, I think that if it's an informed thoughtful decision rather than 'oh, I'm anti-vaxxer because it's got 5G in it' and I mean, give me a break. So, yes, let's have some reason, sort of links to our earlier story, doesn't it? Yep. All right, welcome your thoughts on all of this. Thank you, Mel, as always, for chipping in with them there, but let's hear from everyone. We know, we know you're out there listening. What is it, as I think it was Bart Simpson once said, you know, sort of 'first time caller'—under the name of Dimitri where he rang into the Sunday night radio show, 'first-time caller long-time listener'. You could be that today. So get in touch with the program and by all those means of communication. In the meantime, well I hope you are, everyone is holding up as well as they can in relation to this scenario that is so ongoing, and well it depends in the words of Jo Jo Zep and the Falcons from the late 70s, what shape you're in. 3CR, 855AM. 3CR Digital, 3CR.org.au, and 3CR On Demand, 'Out of the Pan' with Sally.

[Song: 'Shape I'm In' by Jo Jo Zep and the Falcons]

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. That was Jo Jo Zep and the Falcons and the 'Shape I'm In' from a compilation called, a two CD compilation—CDs, they're an early sort of TikTok in case you don't know, if you're under 20 Google them, Australian legends. And we'll have of

course, the Australian legend Barnsey with the new track from *Flesh and Blood* to close the show, coming up soonish. And the shape I'm in, hope you're staying in good shape. Lufthansa is getting in more inclusive shape got to give a tick to them, because they're now going to use gender neutral greetings for their passengers^{ix}. So simply dear guests, good morning, good evening, or welcome on board. People are saying 'what a tragedy' when these things come up, even Bill Lawry can get it right, 'Morning Rich, morning all' when he does the cricket commentary, so it's not that hard and sort of so what's the hassle schmassle? I'm not going to try to do what Lufthansa used to say in German, which was 'Ladies and gentlemen, welcome on board'. If anyone wants to voice record themselves doing it in German, that in German, you may do so. But good to see that article which came courtesy of dw.com.

What else is going on? Well, in around five days, the Olympics start. Now I—I'm not, I just find I, you know, I have nothing for or against the Olympics. It's just not my thing, I suppose. Of course, mentioning it on this show because of the whole naturally there's, in my opinion, a lot of one-sided debate on athletes competing in, you know, sort of binary gendered situation, type of situation in sport and I think there's a lot of one-sided information out there. And so I wanted to mention a book in this context called Testosterone: An Unauthorised Biography, which was released in October 2019 by Katrina Karkazis. Sort of, it's not what you think and it's—Katrina says it's not a male sex hormone and Katrina sets out to debunk the life story. So testosterone doesn't predict your competitive drive or tendency for violence, your appetite for risk or sex, or your strength or athletic prowess. Funny how lots of commercial media and so-called fundamentalist religious types who aren't fundamentally religious ever seem to quote this; it's always all, 'but it's been proven that you have an unfair advantage if you have more testosterone'. I can tell you now that I had as much testosterone as the average assigned male person for 20, about 30 years of my life and it didn't make me better at sport.

So this *Unauthorised Biography* as delight—as the book is delightfully called, 'pries T from a century of misconceptions'. It sort of—and allows us to see the real T for the first time. So there's just one example of where this whole kerfuffle of who's competing in which sport, you know, in terms of trans and intersex, I would hasten to add is a kerfuffle. And it always amuses me that sort of the so-called radic—or element of self-described radical feminists, you know, are sort of the ones who jump up and down with this along with highly misogynistic institutions such as right-wing political parties and fundamentalist Christians. Fundamentalist Christians, caring about women. Yes. When you start advocating for women to be priests, fundamentalist Christians, then I might listen to you on women, and on women's issues, or perhaps you might support the concept that is White Ribbon Day^x as opposed to any particular organisation past or present which has had its moments, we'll say.

So definitely things that we need to consider, and, of course, there's eyes on intersex athletes Laurel Hubbard from New Zealand and Canadian athlete as well. So there's all these misconceptions out there. I can't think of too many mainstream media pieces, if any at all, where there's been good writing on this. Although there was a good piece

actually in *Crikey* this week^{xi}, which has its ups and downs on trans and intersex issues and gender issues, and often has outright bias for example, a media ethicist that decided she would present both sides of the trans children debate. Oh, let's have someone who's cisgender be ethically speak for trans people? No. So, yeah, all sorts of things to consider.

And Mel has popped in again, Demi Lovato disclosed her^{xii} gender identity a few weeks ago and identifies as non-binary, and there's an article here that's been around a bit, this one from businessinsider.com.auxiii tells fans 'it's "okay" to misgender them. It's important to me that you try.' Now, I'd agree with the gist of that, you know, we all make honest slips. The last I heard about 7.9 billion humans make mistakes, which is around 100% of the world's population at any point in time. And I think the thing is, as long as you increase your, we're going to be sporty in this Olympics time, your goal kicking average or something like that. Yeah, sort of, you know, definitely, you know, we all make slips, I've made slips with people's pronouns and just gone into what I call autopilot, or sort of residual gender program. You look at someone and how they look and assume particularly male or female, which of course affects our non-binary siblings even more. So, as long as you apologise quickly, and get it right; if you can catch yourself, if you perhaps have been introduced to someone as 'they' and then, so let's say someone's just started in your workplace identifies as non-binary and you say something like, you know, 'so he's just—they've just started in our workplace today. If you see them in the corridor, say hi to them' or something like that. That's okay. So yeah, keep rolling along and but, you know, sometimes where people, are deliberately misgendering and this—for someone like myself, this happens when 'oh, I think you're really a male'. No, I'm not, it's not up to you. If you're in a workplace in Australia, well, talk to your manager or HR or people and culture and say, 'look this person is continually misgendering someone and they're not responding to communication', you know, sort of, you have to sort of take it a bit higher, then that's the situation at hand.

And Mel's said wow, keep us updated. Yes. 16 days. Well you'll know on the show that comes in, I think, just doing my maths here on August the ... you'll hear on August the 8th. I will be here. I'm sure I can, I have spoken to people have had Pfizer and the worst I've heard is a slight pain in the arm, so to speak. That's arm, not any other part of your body. All right, just to make sure that we have some fun and that we can laugh at ourselves, which is always a good thing to do, here's a track from Greg Champion. Now, long-suffering listeners of this program know that I've been known to listen to music of both the binary kinds, country *and* western. So here's a track called 'I Love Line Dancing (But Line Dancers Freak Me Out)'. 3CR, 855AM. 3CR Digital, 3CR.org.au, and 3CR On Demand, 'Out of the Pan' with Sally.

[Song: 'I Love Line Dancing (But Line Dancers Freak Me Out)' by Greg Champion]

[Speaker: Tony Green] Strong Spirit. First Nation issues. Families, people and stories from the First Nations perspective. Mondays at 1 PM on 3CR

[Speaker: 3CR Speaker #4] COVID restrictions across Victoria have changed. New changes have been introduced to slow the spread of COVID-19, by reducing the number of people leaving their homes and moving around Victoria. This means that you can only leave your home for one of five reasons:

- shopping for necessary goods and services
- care and caregiving, including medical care and getting a COVID-19 test
- exercise
- authorised work and permitted study
- or to get a COVID-19 vaccination.

Victorians may also leave home to visit their intimate partner, their single social bubble buddy, or in an emergency, including those at risk of family violence. You must stay within five kilometres of your home for shopping and exercise. This limit does not apply to work, when giving or receiving care, getting a COVID-19 vaccination, or visiting an intimate partner or your single social bubble buddy. Face masks must be worn indoors and outdoors whenever you leave home, unless you're working alone. These actions will protect our loved ones, friends, colleagues, healthcare workers, and the community.

[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. And yes, this is an essential service here in electronic media, good to be in the 3CR luxury studios, as I like to call them. And, well, I'm just about at the end of the show. Got to head out soon, I'm standing by for that Barnsey track, which of course, is always a good thing. What is it, bit like the old Australian saying about beer or the Melbourne saying about coffee: all coffee is good but some's better than others or something like that, and of course we are beverage diverse on this program. Yes. What else is going on? Well, you know, sort of got to say it, you know, we are battling through and I have noticed some frustration over the Melbourne lockdown in particular, people feeling that the slacker approach of New South Wales has sort of led to ours, just when we were getting to a point where it was virtually zero cases, apart from a few-very small relatively, small cumulative number in hotel guarantine from overseas. And, you know, I can understand the feelings of frustration and sort of, people sort of feeling a bit down, just when we'd got back to such a low number, it is. I'm not going to sit here and say it isn't. But sort of let's deal with it, you know, carefully and civilly, and let's look at it, I think, at the right time as I touched on earlier in the show. So yeah, hang in there, check in on your loved ones, just make sure you do that. Things coming up. Something we sort of talk about and Hofler's come in and said, two weeks until the new Prince album is released. Well, that's something to keep queers and many others, of course, sort of rolling along. As a certain movie once said, 'antici... pation,' and apparently the news is that Dan and Co have a long presser today. Well, we'll sort of keep our ears on that one. So yeah, a packed program today, and yeah, just also played some Greg Champion and the cut from the custom CD which is hard to get. You can sometimes find second-hand copies in some places. 'I Love Line Dancing (But Line Dancers Freak Me Out)'. No, we love line dancers, we love diversity.

So pretty much got it covered. But well, it's so much to talk about when you can talk about Jimmy Barnes, whose new album *Flesh and Blood* has just been released in the last couple of weeks, and I got my express copy from a well-known music store. Last time in one of the lockdowns, a staff member delivered it within 24 hours, hand-delivered to your front door, when I needed some music. And this release has a CD and a DVD of home videos by the Jane Barnes band. And so, *Flesh and Blood*. Lots of family members of Barnes on this, Elly-May Barnes, Jackie Barnes, Jane Barnes, EJ Barnes, sort of pretty, pretty awesome, Mahalia Barnes, also David Campbell, many others all in there. So yep, make sure you check this out. The DVD has John Denver's 'Take Me Home, Country Road' and 'A Pub With No Beer', as well as 'California Dreamin', 'Mull of Kintyre', 'Bridge Over Troubled Water'; whole heap of covers, and some original material on the CD.

So, Barnsey, to me he's just, he's one of those cisgender males who just, you know, exhibits good and increasingly better male behaviour. He's open to change, which I think is so critical if you're going to divert—do diversity well. I read an article on this a few years ago, values to do diversity. Well, curiosity, be open to learning; if you keep blocking yourself, can't learn, make sense, probably a good quality for lots of stuff. So make sure that you always be open to learning or at least thinking about it. If you say 'no, don't like it, don't like this non-binary stuff', then you're not going to have a think about it, those sorts of things.

But definitely a great album. He's just musically, lyrically, just a better—just has the vocal tone right. Still that sort of Barnsey, sort of—I should have said 'BAHnsey' tone, but really doing it well. So I'm going to play a track today to appropriately take out the program; it's "Til the Next Time' is the track I chose to end the show with today. And until the next time I'm with you, which will be at noon next Sunday. Thanks for your company today. Thanks Hofler and Mel for all your great messages, thanks to all our awesome listeners, as I always say all 3CR listeners are awesome listeners, not regular listeners, sort of and as always, thanks for tuning in to 'Out of the Pan'. I'm Sally Goldner, catch you next week.

[Song: "Til the Next Time" by Jimmy Barnes]

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xii Demi Lovato uses they/them pronouns.

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