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Panoply Panorama panpipe pansy Aha pansexual. Knowing no boundaries of sex or gender sound interesting. Then join Sally on Sundays at noon for out of the pan. All those gender questions making you think too hard? Whether it's transgender bisexual polyamorous or Beyond will throw those questions into the pan and cook up the answers for you. So go on push that gender envelope. Only on 3cr. 855 digital and 3cr Dot org dot au.

3CR 855 am 3cr Digital 3cr Dot org dot au. 3CR on-demand out of the pan with Sally first broadcasting noon through one every Sunday afternoon. Thanks for your company 3cr proudly broadcasts from the lands of the Kulin Nations. And we pay respect to Elders past present and emerging, hello to any Aboriginal and or Torres Strait Islander people tuning in and also acknowledge that all the lands were stolen and never ceded. And that the language used in this program is probably more of an Anglo-Saxon nature and that there have been, of course, people expressing and identifying their gender authentically on the hands, all over the world since time began. A good resource to. Look at that, is the PBS interactive gender map, which includes Australia and people's what is now called, Australia and people such as sister girls and brother boys.

I'm Sally Goldner. I use the pronoun. She her, I'm your host of out of the pan to show covering pansexual issues knowing no boundaries of sex or gender. Thanks to the crew from out of the blue. Thanks Pete for all the Marine use diving deep as they do every Sunday from 11:30 till noon and also available on demand and podcast as well. And lots of things to talk about on today's out of the pan. And if you want to engage with the program, there are ways in which with which, in which

Upon which to wit you can do it. You can email out of the pan 855 at gmail.com., You can SMS 6, 1 4 5 6, 7 5 1215. You can tweet at sell gold set. So and that's the bottom

line and you can look for posts on Facebook on my page. Sally goldner am and also at out of the pan 3 C R8 v 5m. N remember any opinions on the program? My own and

Not those of any organization with which I am or have been Associated, don't think they'll be anything to triggering on the show today. Maybe, just some mentions of issues. But if there ever is, you can call Q Life which includes switchboard in Victoria and Tasmania 1-800 1845 to 7. Well, the there is lots of sort of news and things that have come my way. And one that just came to me via a

Morning from Instagram. See I'm up to about 2016 on my social media said the nearly fifty six-year-old was from the post. Was originated, might not my friend by someone Sean Zips, s EA n is z PS and this Sean has posted a really good article here. Each morning. I lie about two to three outfits for the twins to choose from. I read an ad. I read an article back in the day about the importance of

The small choices for young minds in the concept. Really resonated with me. It went something like this as a parent with busy schedules. It's easy. Some would say necessary to establish, strong and simple routines. These routines are often packed with decisions. We make, for our tiny humans. We believe justifiably that their choices are what's Best in inverted, commas for them and in most cases where, right? But what this, that food is healthier for you. This product will keep you from getting

And this show is better than that for your brain, etcetera, Etc. But making decisions for our kids, doesn't leave them very empowered and doesn't most definitely doesn't. Give them a sense of control in a world where they're constantly told what to do and how to do it. It's not very consistent with the life told me to live as adults. So a lack of choice is actually less helpful than we might imagine if our priorities to produce capable and confident humans. That is why the power of small choice is such a useful tool for parents key is not to losing your mind.

But also minimize the impact on your routine. Can pick the fruit you eat for breakfast, pick the clothes from a selection, choose your hairstyle. So meltdowns often occur due to a lack of control, and also, it says you'll increase in authentic expression. So, that's where Sean then goes on to say, quote. I started adding skirts to Coupe as morning

selection random for it, that I would never eat to their breakfast. Under the result Cooper has been

Roaring, sparkly, dresses, and Stella has an affinity foods for never. I would never do it myself. Give me a shot and let me know how it goes. Well, totally fair. Gee. What's, what's the problem? You know, it's sort of. Well, let's start with fruits first fruit. Unless you are from some say something like lactose intolerant is in general terms, repeat general terms, good for you. But seriously, of course if a child assigned male wears a skirt. Now, let's see the

The world won't come to an end. The sky won't fall in there won't be a fire and brimstone. There won't be a great wailing and gnashing of teeth on that was Dave Allen. So yeah, sounds good to me and goodness knows that child will feel more comfortable in all aspects of gender, identity, and gender expression. If they are trained. Well, they'll fill be able to get on with their life earlier and someone who didn't have a start to life for 29 years. That sounds pretty damn good.

To me, if they are just someone who is not, then they'll bail at the weight gain access to the positivity that regardless of how assigned or their body or anything else, that they'll be able to use all their skills and attributes and overcome nonsense, about arbitrary, classifications of masculine and feminine bad stereotypes coming up, only men can do maths and only women can show empathy and the new main bridge for the brown paper bag, you listeners of all genders. So I think this is great. Well, done to Sean.

No, it's increased. My number of followers on Instagram by about 25% because I don't really use it a lot. But there you go. Thanks to my friend GL for that. And what do you think do? We just need to make sure children have a range to access and information and choices? Or do we control people as John says, it's over to you. Well, it would be the greatest strange dream that every child grow up happy. And that was our opening track today from Graham, Connors.

And that one was originally on his album, from the mid-90s, the here. And now, which is which I have an autograph up because I went to see Graham Connors many years ago and he autographed it. Whoo, one of my favorite singer songwriters. Well, here's another awesome Australian singer-songwriter. It's by the way, it's I decided to go all

the straw and music today. And let's have a listen to Paul Kelly from Anna mid-80s album the one that probably broke him.

Ooh, and that's the one gossip and here's a track featuring Paul and all these guitarists at their brilliant best. This is called the execution 3cr 855 am 3cr Digital 3cr Dot org. Dot U, + 3 CR on demand out of the pan with Sally.

The scouts are more than you've been seen down the river.

They say sleep with one eye open, when I dreaming.

Did they tell their planners passes? Did they tell you? There's no such thing as passing Madness. The Monstrous has become mundane routine. What's a little later than that?

You're addicted to Revolution addiction. Is make sure your knife is sharp blade. Make sure you're not too late. You're not too soon once.

What?

What's the time table doesn't?

I really am not understanding why people aren't saying. The fact that prisons are an integral part of a public health response to a pandemic. Like you I'm really concerned about whether the darker is being released for honestly about illnesses within prison. I have suspicions it's not but really we need very strong leadership in this country that actually cares about people invite our most vulnerable populations inside. That's what

Even that's not what we're getting right now. We need to keep radical voices on air subscribe. Now, go to 3cr dot org dot a you forward slash subscribe or call the Station on 9 4, 1983 77

You know, this people, like you said, I've been on casual for seven years. Well, it's supposed to be casual employment, people want full-time jobs. They don't want to be sitting there casual, not knowing they're going to get any any days, any leave or what's whatsoever. Especially you. Look at all the castles in the air industry. At the moment is

sitting home and people want full-time employment. They should be entitled to and look at all the people who were used and abused as casuals in the Aged care sector and all the problems that are facing people. Now. All

The following in the meat works, the glitter that's casuals labor. Ha, you know, your bloke traveling around, you know, we want full-time positions and that's when people want it. We want to be full-time employed. You wanted to have the Christmas holidays. You want to have time with your family there when you're a casual yet. None of that. You're listening to its. We see our community, our radio, A vibe. I am on digital and online 3cr radical radio.

3c. I'd 5 a.m. 3C our digital. Very co.org w3c, our on-demand out of the pan with Sally first broadcasting known through one every Sunday afternoon. Thanks for your company. We just heard from Paul Kelly and well, the colored girls as they were there named.

I am the light of the messengers and the execution, some great work there from Paul Michael and John Schofield and Michael Buckley. I'm putting it all together and

They did such great work together on that track and it's part of that whole band released in 1985 Steve Barlow. Connally, I beg your pardon. Michael Buckley was on drums and John Schofield on bass and the bass just chipped in there. So well with all of Paul and Steve's Guitar work as well. As part of that great Australian band old update on a story back from the 13th of June, where and I make it clear that this segment is not

Boss, I'm not a health professional. I'm concerned about lgbtiq, A+ issues, and in the trans community that includes trans and gender diversity issues. And on the 13th of June, I commented about how there hadn't been any information that I had seen at that point in relation to the effects of hormones and vaccines combining. Now, there's an article that has emerged dated the 12th of August that I got notification of during the

Week by adding Chung who's an endocrinologist at Austin health and it was interesting on that day that I got contacted by a freelance journalist asking about this very issue and the article. So is it your community health or one word dot org dot? Are you your

questions answered? And the heading is, how does AstraZeneca affect trans and gender diverse trans people on gender, affirming hormones and after the the date and

Headline, the first sentence in bold reads, quote trans people on gender affirming, hormones are not at higher risk of blood clots with the AstraZeneca covid-19 vaccine, biota Chung talks about how trans and gender diverse people may be wary as medical institutions of often, pathologize trans and gender diverse non-conforming people messaging has been complex frequently changing blood clots can cause alarm for those on gender. Affirming the therapy.

P and led to hesitancy to consider the AstraZeneca vaccine. So, she then goes on to say, let's tackle some questions. Specifically. I'm on HRT. I'm at higher risk of blood clots with AstraZeneca. Quote. The AstraZeneca vaccine is associated, with a rare side, effect called thrombosis with thrombo. Qatar from Beau, such a pony syndrome TTS. I knew I should have rehearsed that more lirikb begin quote. This is different to the morgue.

Common types of blood. Clots deep vein thrombosis or pulmonary emboli in bolus, that are known to occur more often in people using estradiol or progestin therapy, blood clots in people using estradiol. Therapy are uncommon thought to be due to increased liver coagulation, sticky factors and are typically clear treated with blood thinners, TTS, is different from other clotting conditions. I'll ring and memories to say that. Quote, again from the article TTS is different from other clotting.

Ian's TTS is triggered by an immune response to the AstraZeneca vaccine causing the platelet levels. The blood cells responsible for clotting levels to drop malfunction and intern clot, particularly affecting different parts of the body such as the brain. The mechanism of TTS is not fully understood, but it is immune driven disease. That causes platelet overactivity. TTS is treatable with blood thinners and intravenous image. Immunoglobulins are used in more severe cases. So I think

A critical word sentence. Now. Let us add a third time. Quote TTS is different to other clotting conditions. Well, very, very welcome. Good to see. This is why we need transpacific and queer specific health and medical care, but it's wiring that this took so long particularly here in Victoria where we're supposed to be somewhat of a trans

leader that, it took this long and also that to larger so-called LGBT, diagnose organizations urged, everyone.

Everyone in lgbtiq aqq communities to get vaccinated which I agree overall agree with. I respect that people have medical conditions and their own views, but otherwise get it done, which we seem to be sort of on the right road to now better late than never or whatever. But anyway, it's happening here in this. What is now called? Australia, and well, there it is. But it does worry me that some of our larger organizations just put used

Atiq and a blanket since and didn't think to consider that.

The needs of trans and gender diverse people, and this is the dangers in our communities of token, is the inclusion of any particular group. So very, very welcome. Good to see. Aida Chung who's, you know, sort of very involved in the trans communities, as an endocrinologist, and the article thing goes on. So

Yes, the he then asked. Should I wait for Pfizer? And there's now enough doesn't really answer that question directly in my opinion. So talks about Effectiveness rates that Pfizer is the preferred vaccine for people under 60, but survived plus supply of Pfizer has been limited to date, but AstraZeneca Crews available now and then says, there is enough AstraZeneca in Australia now for anyone who wants it.

Which doesn't really answer the question. She then, the next heading is, do the benefits. Outweigh the risks and there's sort of a nail gun not in my opinion directly answered. But I think that, when you look at that article, of course, always get your own medical advice, I'd as a state again. I am not a health professional and certainly not will not a physical health professional or a mental health, professional, but everyone needs to take responsibility for themselves.

Off. And on a totally apropos of nothing note. Obviously some demonstrators, don't understand those last few words, or as I call them as they were rightly labeled a few weeks ago, demon straightest, which is a good word for them. So there we go, some useful advice, but as always, you know, make sure you can talk to your own health professional. It is a very difficult time. For lots of people including those in lgbtiq communities.

Be the first to admit that my tank is running emotional, tank is running low. And I'm having to, you know, refuel in a sense or to use a favorite analogy of mine, plug my battery cables into other batteries at times and sometimes our own charge runs. Hi, sir. Please reach out. But also be there for other people, particularly in our queer communities. And as per that message, we had prior to this segment on the casualized workforce. We know many quiz who work in hospitals,

Tality and lots of people and entertainment, you know, their casual or sessional income is well down. So please be aware of that. I don't really want to get into much commentary on broader issues but of covid and lockdowns, but I do have to say that on one on top of this given that, you know, sort of the more marginalized people are suffering this. I'm beginning to wonder whether we need to get

Back to some forms of a broader job keeper job, seeker and cash flow boost particularly in Victoria, and New South Wales, which will New South Wales. We know will definitely be in for an extended lockdown and probably Victoria given that. It is those most marginalized to a facing the issues and that includes definitely marginalized people in queer communities. We are not all double income. No kids, that sort of thing by any means in queer communities, so

Yeah, please take care out there. Please. Reach out for help and do what you cannot know. One friend of mine who does need to go into Hospital for an operation and will need some support reached out during the when coming home reached out for that and has got it and do what we can as a queer community and it can be difficult to keep going. But in the words of this song from the dingoes comeback album, and that was on there, following live album live at last.

Well, you don't you never never know if you don't give it a go or is this song said try? Anyway, 3cr 855 am 3cr Digital 3cr Dot org dot EU and 3cr On Demand out of the pan with Sally didn't through sacred ground. Some things around around the soul, that told me.

When it comes to love, I'm just a fool. I disregard the rules. No bars control me. There's been a trail of broken hearted lost the wheel on and I started out with the right frame of mind.

Suppose get all the doors are never closed their stick and chances are we could take a dive, but there's always hope while hopes Alive and Kicking.

Though, the waters might get rough. I know I want you bad and swim.

Sometimes the game is lost the effort, Jeff's name worth the cost of play in anymore.

Once I Falls, the other clients way above the law kochu are don't shoot. The Seas dream is in which faced the Winter's bitter cold?

I try.

Rock and roll the dingoes and we'll country-rock. Take your pick. We don't like binaries on this program for sure. And the dingo is one of Australia's great bands from their live album from 2010. Try anyway, keep trying. We've got to Well Community. That's part of the lgbtiq. I plus communities that keeps trying is the bi plus Community the be

Buzzing inside to speak and thanks to one. Of course, one of three, see ours, awesome, listeners 3cr and all shows on it, only have awesome listeners, not regular listeners, and Molina who been pretty quiet lately, good to hear from you. Molina sent me an article about coming out as bye-bye, from the 16th of August and it's on the refinery website, refinery29.com, and it's called, am I queer enough to

Ah myself, bye-bye Maggie and not sure of the pronunciation spelt zhi you. So with that zoo or Zhou from August, the 16th. And sort of here is someone a, not her words, but it's this woman who began to realize that she was not just a only attracted to males talks about how she'd been in long-term relationships with males talks about various definitions.

Students of bisexuality - 18. So this article is from somewhere in Australia. If she's Maggie's plugged that in there, but - 18 talking about attraction to the gender, the same

as your own, and to other genders or attraction to two or more genders. Robin aux veteran leading actor by plus active Advocate. I call myself bisexual because I acknowledge that I have it in my have in myself, the potential to be attracted. Romantically endless actually do.

We'll have more than one gender, not necessarily the same time not necessarily in the same one, not necessarily to the same degree. I'd really like that. Definition. More than one gender. No, you don't have to be 50/50. You don't have to have sex. You could just be romantically attraction. Now, I've got only sorry, be romantically attracted or sexually so long, of course, it's safe and consensual Maggie talks about how being in a relationship with a man, for six years spent in by crushes on male students.

Have and says, I didn't go through the buy rite of passage in my lack of female. Crush has left me, feeling a little less worthy. My lack of experience. Leaves me feeling a lot less worthy. Well this this is true. I have sometimes experienced this. I mean, you know, sort of T, A little tongue-in-cheek. I haven't sort of had a lot of relationships with males because in those Immortal words tongue-in-cheek, where are all the good men? Haven't found them yet.

Although good single men or the good polyamorous men who are available or whatever else. So, yeah, happen quite sort of found those relationships. And, you know, when you've only had a majority of relationships with say one gender, you can question yourself and or other people can question, you know, you haven't had sex with more than one gender. So you're either heterosexual or go / lesbian or homosexual to quote, those 1940s sort of

A newsreel things, their home named homosexuals in Her Majesty's Armed Forces. Why did I, why is that stuck with me? Please? Get out of my brain. Seriously. These are the things that by people face. And Maggie goes on to say as a Chinese Australian woman. I'm already acquainted with feeling alienated at the best of times. Yep. We can all win. Where have double marginalization rather than having all the parts of our self and our intersectionality valued and celebrated, you know could be

Be as Maggie says, met with layers of rejection and hurt. And Maggie goes on to quote, the recent research that emerged that sadly said, 44 percent of Australians are not open

to dating someone who's bi, which is quite outrageous. I mean, if you're a heterosexual man, and you find out your female partner is bi, you love them. Who cares, vice versa. If you're a lesbian and you find out your partner is a bisexual woman or whatever else if you love them, and it's going to work you.

Kate and work it out and it was great to see a few weeks ago. The SBS Insight special on bisexuality, including some goopy guests, who have been on this program at times like Misty Farquhar, but I had don't go looking for it, please the comments on social media afterwards. The biphobic stuff was appalling and still out there. It's hard to believe people sell the LGB have got it. Pretty much worked out in this in Australia because of marriage. Equality are no. So wanting to lead up to this.

Because of course, September, which were only nine or ten days away from there into wit is celebrate bisexuality month. Leading up to celebrate by day on September the 23rd. And so it's this sort of internalized Prejudice that a lot of bi people in this country and probably in other places are still facing but I do like Maggie's final sentence of her article here on refinery29.com. It's been widely accepted that people don't have to subscribe to labels a have big coming out moments and

But for me vocalizing that, yes, I am. In fact bisexual has been nothing short of healing. My Voice May shake and my eyes may still be downcast, but it's no longer a confession. It's an affirmation. And when you do get that strength, it is so important. And, you know, I've sort of had, you know, will say ups and down be by I mean throughout the 2000s and into the early 2010's. Now sort of I'd go to a so-called lgbtiq conferences and there.

Was so little by plus content. It was very isolating and invalidating and all that sort of stuff. So really important that you sort of do get that sense of affirmation and inclusion and visibility, so really, really important. So yeah, well make sure that we have lots of buy stuff on during September and watch out soon for the official announcement of standby.

Us to last year's standby as conference was a huge hugely affirming thing for many bi plus people around this country and surrounding countries and we were joined Times by people from all over the planet, which was very awesome and including which was

really, really empowering many people just felt including myself felt the strongest we had in our by Plus for me by /, / pan sense of identity. So we really need that.

So lots of things happening in September, watch this space. In the meantime. Let's have some more moves the car. That's my only word of Heber. I can remember apart from a few blessings and well, it's some training in Melbourne, but what we need rain to make sure that our Gardens grow and things rain is not necessarily not necessarily gendered but suppose it could it could be reward genders and here's a song by in Moss on a live recording on the map.

Book 30th Anniversary album where the song was a res. Originally released, if this is mr. Rane, 3cr 855 am 3cr Digital 3cr Dot org dot U 3 CR on demand out of the pan with Sally.

On the side.

Proud black, man, black many should not Wonder strong Spirit, First Nation issues, families, people and stories from the First Nations perspective. Mondays at 1 p.m. On three. Shh, black men and black men. You should not Wonder

Luciano and Georgia Keats supported by the Australian. Queer, archive present, queer ways retracing Melbourne's queer footprint. Queer ways is a community art project that map's the queer history of Melbourne. Combining our community stories and voices past and present into a permanent interactive record of being queer in Melbourne. Visit w-w-w dot queer ways dot Melbourne. Now to record your story in queer history, and explore our cities.

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We see I-55, am 3cr Digital 3cr Dot org dot a. You and 3cr On Demand out of the pan with Sally first broadcasting noon through one every Sunday afternoon. Thanks for your company. Molina has emailed in glad you like the article Sally. Great to see that intersection within the community. Yes. Maggie is Australian walking in the Sun and listening to the show. That's what we call. Good multitasking, you know, within five kilometers from home. Wanted to talk.

He quickly about that the August 20, 21 edition of star Observer has on the front cover. The always awesome Georgie Stone sharing. Her tips for surviving isolation. Know it's not easy. So you can check that out. If you online at the star Observer website, and if you we've got to you've got to get some companionship. There's a list in the print version on

Pages page numbers. That's a bit strange with an article with Georgie and the fabulous. Jordan rests topless, and sort of sort of keep lines of communication open. She says, sort of Georgie lives with mother and twin brother and they do discuss things and get it out of their system. And I think that's really important. Jordan rest. Stop. Alice's tip sort of

Is sort of fun that she offers them, you know, points them to various Services, you know, I mean, we're if you're not a trained counselor, you can only just be as empathic empathic empathic New Zealand accent. No empathic as you can. And so this article lists services such as drum and street services quiz based Q Life, your community health. Transgender Victoria. Declaring my interest in that organization. Are you okay? - 18 and in Sydney, the gender Center

In Western Australia, of course, there is trans folk of wa and at Sac 80s a queue up in Queensland. So yeah, well done to Georgie for all her awesomeness. Very, very much needed in these times and we've also got another website, the Melbourne International Film, Festival. Nothing to be miffed about, huh? You can check out some of the queer content and don't be miffed at the myth website, as well as including a talk with

Activists peterhead, China and the documentary about activist activism in Australia, access ends at midnight. So you can only watch it today getting quick and Mel has just as we speak. Yep, within the minute, an article with Fran Kelly about a partner, lovely story, and Frank Kelly, and that's great work in terms of media. And I Hoffler one of our awesome listeners is

A huge fan of Fran. And also a journalist, not I'm talking about sexuality here. Patricia Carlos, who do good media very very much needed in these times. Well, there it is. Look, as I say, hang in there, you know, you don't have to be certain. No one

superhuman. There is no super person or super non-binary person or Supergirl or Superman, or anything?

Thing at the moment for those in Victoria and New South Wales and other parts of the country. It's not easy going by any stretch of the imagination, you know, I sort of just and it may sound trite, but you've really got to just live one day at the time. And, you know, we mourn the past, but you can't get stuck in it. We want a better future, but we're not there yet. Do you know?

The self care that you need, reach out, go for walks where you can do what exercise you can within your boundary zones and all that sort of thing, try to connect with people as best as you can. And know, we all want things like hugs and in person stuff, but it's not there at the moment Reach Out, set up your own networks, find Support Services. It is so important we can get through it. We did do it before and

We can do it again and we will, and yeah, all the Vibes out there. I said, I'm not coasting along myself by any means. There are, you know, the lockdown is affecting me. There are other issues in my life that are not what lockdown related. But you know, we've all just got to be there for each other and we can do it. And of course rainbow communities know about community and resilience and sticking together in tough times in particular, freedom of species up.

Up next, they'll be chatting to animal Liberation Queensland today. So keep your device's locked on 3cr, take it out today. We've got to have a bit of a laugh at something and someone who knows how to do a range of humorous, material, and serious. Material is Becky:, here's her classic from way back first originated on her album, Wild at Heart, way back in 2001. Here's the classic lazy bones and no, there is no real swearing on this, on this. Thanks for tuning in to out of the pan on, Sally goldner. Catch you next week.