

20211017

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3 CR 855 am 3cr Digital [3cr.org](http://3cr.org) dot au and 3cr On Demand out of the pan with Sally first broadcasting noon through one every Sunday afternoon. Thanks for your company. 3 CR proudly broadcasts from the lands of the Kulin nation, and we pay respects to Elders past, present and emerging. Hello to any Aboriginal and Torres Strait Islander people tuning in and acknowledge that all the lands were stolen and never seated. Thanks to Andrew and the crew from out of the blue diving deep for the Marine news as they do. Every Sunday from 11:30 till noon. Lots of sensible information. If you're out diving or swimming and you run into a shark and I don't mean someone in a suit on one side of the benches in Parliament or a both sides for that matter because we don't like binaries on this show. But if you want to get in touch with out of the pan or show covering pansexual issues hosted by myself, Sally Goldner. She/her lots of ways to do it. You can email out of the pan 855 at gmail.com., You can SMS 61456751215. You can tweet at @Salgoldsaidso and that's the bottom line.

And well dare, I say him start called when a diver Triple H in the CD playing content already today and look for posts on Facebook on Sally Goldner AM and out of the pan 3cr 855 M, Melbourne remaining that. Remember that any opinions expressed on this program are strictly my own and not those of heading organization with which I've been Associated past or present. And I think today may be cautious to mention.

A Content note possible mention of inter phobia in terms of our discussion today. Well, lots to talk about, it's a busy time for rainbow communities. Wednesday's International pronoun, day, which is relevant, which is why on the show if our guest's content and I consent if we ask people about their pronouns because it's important to respect gender identity, one aspect of a person. It's also asexual awareness week or Ace awareness week, which I was asexual and aromantic and then Tuesday, week, the 26th of October is intersex awareness day, and it's wonderful to finally see that.

It seems, there is some movement at the station. And so to speak on progress, for intersex, specific, reforms around the jurisdictions on this continent, and to talk about that. I'm joined on the three, see our Airwaves by the wonderful Cody Smith, Cody I should I think I can say welcome back to 3cr. Yeah, it's some people who were listening in and Monday morning might remember me, but hopefully, that was a very compact interview with Jacob. I think it was, we had a really lovely conversation, but hopefully this gives us a bit more of an expanded format to really deep, dive into some fun stuff today. Because dear God, there is so much to talk about today. Well, he's a busy time and which is why

Got you on and I do want to say first of all, thanks for coming on at very short, notice this morning with some events that are coming up. There's a wonderful report. Thanks to Auntie ABC. We want to talk about intersex, reforms, nationally, and around the state, and territories and intersect stuff as well as the timing of the lead-up to intersex awareness day, which is really, really important. And now, I haven't had a chance to check with this. I'm going to go with it. First of all, is it okay? If I ask which pronouns you use,

Use would that be respectful to you?

Oh, yeah, so and if that gives should, I should I just take an opportunity to a whole class introduction and get any produce yourself. And also, if you are representing any organizations, officially today, we should do that as well.

So, my name is Cody Smith. I am an intersex Advocate with lived experience who works and lives are none of all country. My pronouns. I don't usually her pronoun. So I'm okay with everything else, but basically, because of my experiences as an intersex

person, like female identity was something that was forced onto me with medical violence. So I don't like, I don't like she/her pronouns as

All that which you know, a lot of people like to talk about the pronouns they prefer to use and there's hot. I don't have that preference. I just have my pronoun X I guess. But that's that's what works for me. Currently, I work for intersex human rights, Australia. I am their senior project officer. So yeah, we're kind of a kind of hit the ground running. I started a couple of months ago and

Obviously, we're kind of getting into something of a peak season for us because now there's a there's a lot of interest in intersex issues. I'm coming up around intersex, awareness day and hopefully what some of the stuff we're going to talk about today. There is just so much happening. Well, absolutely. There is a lot happening and thank you for that introduction. And of course, totally respect any pronouns that people wish to use, and not use. If any, at all on this program acknowledge.

And affirm the well negativity of your experiences. And we would say that if, while we said, mention of into phobia, we do want to acknowledge that. We should say that people if they need to can reach out, possibly to Q life around Australia on 1, 800 1845 to 7, which in Victoria and Tasmania includes switchboard and the rainbow door, but your experience. And again, acknowledging the difficulty of it leads into

To the many things you want to talk about. It's almost a little. There's as you said, there's so much going on and you've hit the ground running, perhaps, you might want to just pick one of the things that's going on to start first. And we have

Absolutely, wonderful and absolute pleasure. So I guess I'll start off with what I started off with today. Is this absolutely amazing article coming out of the ABC today telling us about the story of Noah. So Noah is a ten-year-old intersex kid coming out of the Northern Territory and he and his family have been very very candid about their experiences about their frustrations with.

Medical community about Noah's own experiences of medical violence. I think what really struck me about Noah's story is you could just change the name and it would be the same story for so many other people in this space. It's certainly I ended up getting a

very heartfelt message from my mom today. Just saying, you know, there's this article absolutely nailed it, but I think that just is one of the best pieces of writing

I've seen about the intersex community and the goals of the movement and so like, where that momentum is and it's, it really is kicking off. What is an absolute flurry of what, we hope will be a huge amount of intersex momentum leading towards legislative change. So let us live change, like I feel like again, this is, this is a bit off the cuff. So I feel like we're jumping around a lot here.

Maybe we need to take a couple steps back and talk about who intersex people are. And if not why we had these experiences of violence and What legislation people watch? Absolutely the same.

So intersex people. Sorry, give me a moment. I just I like to get a little wedding, right? So dude.

So intersex, people have an eight-six characteristics that don't fit medical and social norms for female or male bodies in that create risks or experiences of stigma discrimination and harm. I would expect many people listening in to the show to have an idea of how gender and sex are separate Concepts and how you can have a gender identity that has separate from your sex and even a like a gender expression that is separate from your gender identity. Where

Gender expression may be a more performative for particular individuals. But actually, we end up sort of, like, breaking things down into a much smaller micro and sex actually breaks down into six characteristics. So, if you think of like, a Lego model, you have a Lego model of a male body or the Lego model of a typically female body and all the Lego pieces, that make those models, are what we call sex characteristics. Or as I like,

The say, the squishy bits on the outside, the squishy bits on the inside and the stuff that makes the squishy bit squishy. So when you think about an intersex person, you know, what we're talking about is some of the pieces get mixed up or some of the pieces are missing or some of the pieces are different. We're talking about a natural variation. We're talking about natural diversity, and this is just simply a function of sexual reproduction. So intersex

Conceptually and physically has existed as long as sexual reproduction has existed. It's, it's simply an intertwined concept. So what has ended up happening though, is that the way that we socially understand, intersects has changed significantly over time and unfortunately, for four

Quite a long time. Now a lot of intersex is exoticized and it's stigmatized. And basically what we have is in the 1950s. There was a sexologist. Dr. John Money, who thought that the best opportunity for intersex, people was to have undergo normalizing procedures and then be raised without knowing that their intersex, and that this would create the best opportunity for a normal life and the create the best opportunities perhaps.

That's what we found over time. Is that a significant number of intersex, people who go through these normalizing procedures. End up being profoundly harmed in really, really awful ways. Dealing with scar tissue, dealing with loss of sensation loss-of-function needing, follow-up surgeries needing a whole of Life Care. It's very, very common for abnormal. Gonads to be.

Moved, which creates a Reliance on HRT for for the rest of their life. And the worst part is a lot of these decisions are made on behalf of intersex children, when they're infants. Yeah. And the justification for this, is that the less, you know, about being intersex. Then the better your opportunity. Your chances are at having a normal life and

Basically, we're reaching the point where we're saying, you know, being intersex is a normal part of life. We have a right to our own bodies. We have a right to integrity and autonomy and consent and these surgeries should not be allowed to happen without that consent.

So, a big aspect of that of our advocacy is basically developing legislation that puts an end to these this medical cruelty. And unfortunately, that brings us to my story and the story of Noah and the story of many intersex people in the in physics Community, when I might just interject that. If once again, if anything is distressing for anyone, please feel free.

To do self care. I totally validate your story. But we do want to give that to our listeners and against which boarding as part of Q Life. 1-800, 1845 to seven. I did just want to get that across. Apologies for interrupting.

Yeah, no, that's absolutely fair. And honestly, this stuff gets really really challenging for me as well. We'll be talking about the Australian Human Rights Commission report later, which I've had an opportunity to look at now. And that was a real stop-and-start process for me yesterday. There was a few moments where I had to get up and walk around the room and take a deep breath. So yeah, we are going to be dealing with some heavy stuff. We are going to be talking about into phobia and we are going to be talking about medical file.

Send that's unfortunately all pattern all part of the parcel at the moment, but that's why we're looking to change things. So hopefully what we're seeing today, is that change in narrative where this will hopefully no longer be the Halt and we will see many more happier intersex people from here on out.

So Noah was a kid. Whose parents were pressured, severely into early intervention. He had the opportunity to find out at a relatively young age. I myself wasn't told, I was intersex, until I was 17 and no has had has a fairly complete grasp of being intersex at age 10 and his response to that has been anger and hurt. And frustration at all these decisions that were made for him that he would not

They for himself. And so the sad reality is the story isn't unusual. It's it's, what's been normal for? A lot of intersex people for a long time. So, yeah, I've been in this advocacy space for about eight years. Now, I work with people who have been in this space for 20 years, 30 years. 40 years before I worked with intersects here.

In rights Australia, I worked at agenda agenda where part of my job was developing peer support and our youngest member was seven and our oldest member was 70. All this member literally found out that she was born intersex at the age of 70 and then realized that that was an opportunity for her to transition and embrace that authentic self. That was just out of her grasp, the whole life.

She never had all those.

Jigsaw pieces, so

Where does that leave us? I feel like I've just blurred a lot of so might need a. Yeah, we'll just yeah little know. You was going to you started talking about your own story. You didn't find out till 17, which brings up an issue whether it's not in your case or in Noah's that sometimes families can feel well wedge because of the parents are told not to tell children about things or not toll. Not until later all those sorts of things. But yeah, just continue, perhaps back on your own story from

And 7th at 7:10, Mark. I think might just might, you know, sort of, why won't they get us back on the straight and narrow, but yeah, get us back on to the path that you wanted.

So, yeah, I guess I got for me. I was raised a girl. I was always told I was a girl. I had what I grew up, what I thought having like a normal experience of growing up as a girl. And then I was given this information that I was born intersex. Then I was born with this particular variation and that there were particular surgeries. I went through in all these experiences with doctors that I

Forward normal girl experiences and doctors were actually because you know, my body couldn't produce hormones and at 17. I was I finally had language and I finally had ideas to understand some of those Concepts but still took a few years before I understood how profound the effect that the impact of their had on my life. And the ways that

It had been taken away from me and then sort of like coming at coming into this space where I realized I was a gendered and that I did not agree with the way that I've been assigned at Birth. So like that's presented a particular set of challenges for me. That's not even a tie. As a, fairly a typical intersection story, a lot of intersex people. In fact, the vast majority of intersex people do identify as male and female as a signed up.

But still every single time I even even if they agree agree with the destination, the pathway is something that takes options away from them. And so we see people who are coerced into surgery to remove gonads and then that, you know, limits fertility

options later on in Life or puts them on a path where they have reliant on hormone replacement therapy for us for them life, and

So,

Yeah, I think that one of the things is that, yes, we're all unified by these experiences of medical violence that we're trying to address and advocacy, but the intersex Community itself, is massive and diverse. And there's just this huge range of experiences. And while the most challenging things is trying to find

Like ideas and words and definitions and solutions that address the broad range of intersex people. Like, how do you create intersects protection for intersex? People who don't even know they're intersects yet? Yeah. Yeah, I talked about, I talked about these experiences of intersex as things that are kept secret and things that people don't find out until later in life. Some intersex children are recognized at Birth. Sometimes. It's an atypical.

Puberty that, you know, is what brings a doctor's attention to an intersex diagnosis. Some people don't even find out until they try to have kids. And they find that that all that's a more complicated process. So the fact is you can find out that your intersects at any point in time and you might not even be given the language of intersects with which, to understand those experiences, the dog, a lot of doctors use the language like DSD disorders.

Or differences of sex development. And this was a fairly deliberate thing to try and separate separate some diagnosis from the intersex community so that they could continue to perpetrate like, medical interventions on a particular subset of intersex. And what we find is that there are there are individual intersex, diagnosis that no, don't don't understand their own experiences within an inch.

It's framework. But what we're trying to do is, we're trying to create laws that protect everyone underneath this umbrella. So that no matter what your background is. No matter what your identity is, no matter how you relate to the term intersects that you are protected, your right to choose this protected, your consent, and autonomy, and integrity, and is protected as an individual in your own context. So,



And I guess that sort of brings us to the Australian Human Rights Commission. So another part of my work at agenda agenda when I first started was generating a submission to the Australian Human Rights Commission. And this this has been a very long awaited report. This I think it's been about four years since then three or four years since then and

We've been waiting for this report to come out really just to put as much momentum behind them the advocacy as we can. It's been something that's been continuously delayed just because of the sheer scope of the work and the complexity of the word and

Just trying to just trying to create something that's very thoughtful and useful and practical in the context of Australian law.

Batch, of course, like it's also meant that it's been very, very hard to push for change without this report. Coming out. A lot of jurisdictions have been hesitant to move forward without this report. I've been very, very lucky in the act that we've been able to start to examine legislation, the context of the act and in Victoria, we've also had another process in Victoria, which has been looking at this legislation as well. So we're currently in the situation where we have legislation.

And being discussed. In the ACT, we have legislation being discussed in Victoria. We have legislation being discussed in Tasmania. And we're about to have this report come out tomorrow that will hopefully reinforce all all this work that's happening bike across Australia and hopefully, like bring more unified approach in jurisdictions. That have haven't even started having this conversation yet. Yeah, because I think one of the other things that needs to come across

Here, is that we do need that National Protection. When you do need that National level protection, because if you're told that your child is abnormal and needs to be fixed, but you can't get that. Done in the act, you are going to go to New South Wales and get that done. And, you know, that's been the experience for a lot of rural intersex. People in my own experience. I live in the act.

And when I was dealing with doctors, we would go to travel to Sydney once a year to go see the endocrinologist. So yeah, we need this huge unified approach. We need this momentum and what we're seeing so far. This report, is it offers some really constructive positive ways for so

The first thing you can do is you should go and read Noah's story. Yeah, and I just I'll give the headline of that. So people can find it. It is the headline is intersex. People urge ban or non-consensual inverted, commas sex, normalization surgeries a report by Oliver Gordon and just Longbottom. It is on my Facebook page at the moment, but I'll post under the link and put a link into the hyperlink into the link under today's podcast.

Cast for it and I agree with you. It's a very empathic authentic story, you know, from a number of models and really gets down to the issues that are faced, which I think is incredibly welcome. So that's really cool. We did have a question in which I'll pop into the chat for you. If it already I can ask a fantastic. It's you know, it just it. Well. I don't think it's huge. So I'll go with it live and that is one of our

Loyal listeners. Peter has asked how old you are and you don't have to get down to that or give an exact number, but you can give an age range or nothing at all. Oh.

I'm 33. So I'm not 30, every four months, thirty-three and a third night. Only King. Yeah, I am a youngin in the intersect space compared to many. However, I have Asia the youth category and I think it puts me in a unique position where I do do, see both.

Sides of the coin. Quite clearly from where I'm standing where I'm seeing the positive change that has already happened for people who are younger than me.

But I sort of like I am position in a position where you know hermaphrodite was still a diagnosis associated with being intersex and you know medical intervention was wasn't even really challenged. So I was born in 88 and there wasn't really even an intersex Human Rights Movement until the mid-90s. So,

Which I feel like I'm just jumping around so randomly at the moment, but the intersex awareness day, which we will talk about in a moment, actually falls on the anniversary of the protests of a Boston pediatric. Yeah conference. So yeah. Can I just say that

Noah's article quotes Australian intersects? Well Trailblazer I think is a pretty reasonable word. Tony briefer who comment on

Show a couple of months ago now and is a counselor in the city of hops and Spain to in Melbourne's. West has lived in that area. All of a lifetime and Tony's powerful words, really speak volumes to that generational situation. And then then combined, with know who's now 10. And you're sort of, as you said in that middle bracket of 33. I think this really patent and puts a very, very clear.

Picture of what has been gone wrong and, you know, sort of, you know, sort of what needs to change. And I think that's a really important thing. So we'll just in terms of the human rights report. Can I just that's due to be released tomorrow for public consumption if I have it, right?

Yes, I'm not quite sure what time is going to be released. But I believe it's going to be fairly early in the in the morning. So keep an eye on the interwebs for that and it is really really important and spread the word. And also as you've said, we'll certainly please people read Noah's article, reposted tweeted and all those things that you do on social media said that now 56 year old who remembers when we had telegrams and there were Bits of Paper when it

To communication and all those sorts of things. Seriously. It is really really important because, you know, it started back at the show that, you know, that and also the fact that this report. So before I go further this report, you know, you mentioned that there has been sort of, you know, sort of things moving into first or second gear around some states or territories. Now, you've got this underpinning, this Foundation at a national level. That's hopefully going to help get will say all eight states.

And territories into third and fourth gear and then to the proverbial Finish Line, which would be welcome because you did mention that National approach, which is something I admit. I just, I hadn't thought of that all that, you know, there could be, you know, sort of Border issues in our wonderful Federation that always makes things so easy, seriously, it is really welcome. I think, you know, I know, I certainly affirm all the people of intersex experience of being through obviously, really, really awful.

You know, sort of it was some parallels to what I went through as trans. Didn't have language, you know, backlog of trauma. All that sort of thing does, what is happening? And without doing toxic positivity, give a little bit of a ray of Hope now that all these things are happening, a little bit of warmth and light into the situation which has been sadly. So bleak.

I mean, it really is it really is a double-edged blade because I think one of the things that stood out to me when I was reading through, the report is all these continuous references to all these steps have already happened in Australia. So, you know you talk about the experiences of Tony of myself and Noah as sort of like these three different generational experiences of intersex, and we've all been profoundly.

Harmed by medical violence. So it shouldn't have happened to Tony and the end it because we didn't learn from Tony. It happened to me. And because we didn't learn from me. It's now happened to Noah. And it's I think the thing that truly breaks my heart about all of this is the idea that, you know, there is a kid in Australia today that this legislation wasn't quite quick enough to

Save and that, that is something that haunts me a little bit, not a little bit. I've barely barely cried myself to sleep over it, I swear but but I think that the other the other aspect of that is we do have like these recommendations from the UN treaty bodies. We did have this Senate inquiry process in 2013, which made a set of recommendations that will never Embrace. We we do have the these

Examples of, you know, just this push for reform, push for reform, push for reform. And for for whatever reason we've always been sidelined. We've always been ignored. We've always been misunderstood and that just has not been the drive needed to get things across the line.

To make the difference that needed to happen decades ago. I talked about dr. John money. And when you go back, when you go back to like his ideas around gender and sex and gender assignment, and nature versus nurture. And so on, so forth. That was all encapsulated in the horrific story of David Kramer who? Yeah, I don't want to get too far off on this tangent, but if you,

Familiar with the story of down David Kramer. This was a child who was victim of a botched circumcision and was basically surgically corrected to female and raised female and it caused him profound difficulties in his life. So the idea that, you know, you can truly destroy the life of an endo sex.

Child with the the this, these really toxic ideas and this has always been the standard applied to intersex. People is actually horrified, but I don't want to be all doom and gloom. Here, what gets me out of bed every single day to do. This work is the idea that there is a next little Cody. He doesn't have to go through what I went through and I already know I've had that impact on the world. I know there's a kid who is going

Proud to be intersection supported by his parents. And who, who will not be interfered with medic medically, who has the opportunity to say no to his doctor and all those things that I was denied. So we're already writing better stories and this is just, this is the opportunity to finally put an end to this ongoing trauma and

An just completely changed the context of what it means to be intersex and what it means to grow up in two sets and hopefully, write a whole lot more happier story. So, yeah, it's that there's a lot of things that I struggle with their, but I think that ultimately, one of the ways that I can make sense of what happened to me, and by ensuring that it doesn't have doesn't have to happen to anyone else. Look, I think that, I think that's a

Really beautiful authentic response. That is exactly the real reason why people need to be involved in advocacy and social justice that we want to make things better. Try to improve things as best as we can put greater decency into the world and your genuine heartfelt compassion and empathy and authenticity. And you know, using the the emotion that you have which is totally valid and putting it into you know, the right.

Right place. And the right way I think is really really just I think that's textbook. Advocacy. All the best way to do good textbook. Advocacy, which is so important. I'm really appreciative that I just want to throw in a few comments from our listeners. Tom one who appreciated your response on your age, that was Peter also. And that you mentioned the different perspectives and that one of our very loyal. Awesome. Listeners Mel is loving the show, as well as other things that I'll come to with Mel.

For sort of towards the end of the show. So the thing is we've got this report coming out tomorrow and then hopefully that will push along the three states and territories. You mentioned vicked as a CT on reform and hopefully kick the other five. Kickstart them into getting out and getting into the first gear and second gear. And so on the thing that we need to ask is what is it? That Endo sex people can do but we'll say support these

Legislative reforms that are preventative but obviously right now they're not there. What else is anything? That Endo sex people can do and sort of will be that and then we've just had another question from our listener on a slightly different tack, but I'll go with that one that I was just asking it. The first, what can people do in do sex? People do to be allies to those of intersex experience.

I am.

I have a very favorite quote about advocacy, which talks about how at The Advocate is not motivated by a need for power of money or fame. But is in fact, slightly driven slightly mad by some injustice. I think than yeah. I definitely feel like I'm slightly mad terms of how welcome to the club story in terms of how it intersects allies can help the intersex Community. We really need. We really, really, really need people to

Take the lead of intersex people. So we need our voices within the space, and it's because there are so there is so much misinformation that is propagated and misunderstood and arguments that are made that, you know, degrade intersex, people for the political Point without actually bringing out issues into the space. So a classic example is the conflation of non-binary with intersex people decide.

Idea that because intersex people exist on a sex spectrum that therefore gender has to exist on a spectrum and if intersex people then non-binary. And what that's actually resulted in is, you know, this argument that. Yeah. Well, intersex. People are just like statistically insignificant freaks of nature that can be fixed anyway, and that is a fundamentally destructive position and at no point in that conversation that people taking our rights in

Account. So, the best thing you can do is ensure that intersects voices of boosted. So we're talking about Noah's story. Sharing Noah story around is important. I believe

Noah story is going to be covered on ABC News on on the Telly box at 7 p.m. Tonight. And so when that segment comes out boost that we have the Australian Human Rights Commission. Document coming out like honestly,

It's just a really, really fancy version of the Darlington statement that we released in 2017 and you can go to darlington's, Darlington dot Moon, got a quad / statement today. And if you think that you agree with the rights that intersex people layout in there, you can put your voice to that, you can affirm the Darlington statement and in doing. So you give that document like political weight and believe me, I would not have been able to do half the work I've done in the last.

Eight years without having that as a guiding document and a tool with which to you know, so like understand that we are coming from this from a consensus that we are coming at these issues with a common experience. So yeah. Elevate intersects voices as much as possible and don't use us as as props in your other arguments into it like trans people.

This on their own terms, trans people exist because trans people exists. Non-binary people exist on their own terms non-binary people exist because non-binary people exist. You don't need intersex people to demonstrate this and when you do that, you're causing us, very profound harm. Well, absolutely. I and you know, the overwhelming harm is do intersex. People have intersex experience because it you know, doesn't represent your accurately, but I also can't see how that conflation really

And if it's non-binary people and probably does some harm as well. So then so no one is winning. And of course, you know that saying that I believe is attributable to disability movements. Nothing about us. Without us is so applicable. Really for everyone, let everyone speak with their own voice but had some more messages in one of our listeners has SMS to me Mother's quote, aged out of the youth category. I'm so using that one in the future. I know who the listener is and like me, they're above 30. So yeah, I guess.

At that and I think, I think there's something that, you know, some broad principles. I know totally. There's as you just said, there's different each part of the rainbow or any group has its own issues, but one little Common Thread, I'm finding now is for by trans

and gender diverse and intersex is that middle cohort needs more support. And then, you know, there's the, I feel there's some parallels there on how you know, what we might learn from each other on running discussion groups or whatever. Just as a quick thought, you know, I think gay and

Getting on the board and obviously still probably needing support. But just wanted to make that point, the question we had that I alluded to was Peters asked, you know, you know, can you ask Cody what Cody does for their self-care, and it's a great conversation. And I think that's really important that, you know, activism a nice hit times speaking from experience, but you know what you do to, you know get away.

A from you said you've got up and walked away from the computer screen yesterday. But what else do you do when you can? It was that comment earlier about crying myself to sleep at night, wasn't it? Oh, yeah. I like to walk to get out nervous anxious energy. I like to swim like music as a really good way that I switch my brain off and I listen to anything and everything. I love it. I'm really into hot baths at the moment.

That into risky and I think. Yeah my main Vice or my men shouldn't should have described self-care as a vice. But what we're talking about earlier is the wrestling because sometimes you just want to see two big beating oiled up dudes. No smack each other around a bit and just switch off a bit. Why is this Mecha down of honestly together be gone, aw, at the moment, but absolutely open your eyes and watch.

What do you see? Yes, we could go on. We've only, we've only got four to about 10 minutes left and we could spend the whole ten minutes talking about aw boots. That would be self-indulgent. But yes, look totally agree. There's nothing more. Soothing than, you know, sort of, you know, imagining that you're sort of throwing Lyle Shelton or Mark Latham over the top rope. I always say that it's very meditative people. Please try on them and all that sort of thing, and

Us because we love old all genders and Sexes on this show on their merits, great to see women's wrestling. Moving along. Dr. Britt Baker, MD, and Rhea Ripley anyway, but we we don't worry about. I learned about a non-binary wrestler. Recently who's has does the does the sort of like a full-body Lucha thing and calls themselves. A still life painting?



With apricots and pears. I think yeah, it's Super Rad Super Rad. There's a lot of really cool self-expression in wrestling has to be said but yeah, we could lose the next hour talking about wrestling and we probably should talk about other things. Well, that's right. Yeah. Sort of. Yes, we'd better get this interview back on track. We had our self-indulgent, two minutes and yeah, look there's lots of things.

Today, I just want to acknowledge a few in Broad sort of Strokes. The male's come in as asked a couple of questions about a I believe it's a TV show host in the UK. Who's been transfer Big. Dave. Somebody is all I'm going to say for now. Yeah, I'll get to that next week. We're a bit a pact program today Mill. And also yes, of course, down here in Metropolitan Melbourne, huge celebrations. As we're with now, we can start counting hours to some extent till release.

From Lockdown. So yeah, lovely. And I know you've I think come out of it only in the last few days up there in what is now called the Australian Capital territory. So yeah, lots going on and do want to sort of have to look at those in the next week or so. So yeah, lots happening. Wow, so I get a little bit about intersex awareness day. Well, yes, we should do that. That would round it out. Nice.

Thank you. Just I just pay overload going on at my end here in terms of neural processing, intersex awareness day on the 26th. And what perhaps anything you'd like to say, including perhaps, what people can do up to appropriately acknowledge the day as well.

So intersex awareness day is, you know, a great day to bring up into six issues of with the people around you, a great day to share it, intersects resources. We have plenty on like intersects human rights in Australia era. Dot orgs. Are you? You know, it's a really good day to set up a fund raiser for intersects LED organizations, you it's a great day to get intersex speakers on board.

All those sorts of exercise Authority put like put funding into like a drastically underfunded sector era is only funded by Philip like foreign philanthropy and is only able to hire three part-time workers. I'm one of them. So we do a lot of work on a national scale. On a global scale. Infimum better effect. We lead we

Our leaders in our space, in a lot of very profound ways. And we do that three part time, wages. All that kind of stuff is very, very important. I'll also plug that era has its has an event upcoming. You can find details on the front page of Arrow. It's going to be a panel with myself, Bonnie heart Morgan Carpenter and Simone, Lisa Anderson. So this is a real just like if I may say so like this

Just an All-Star tag team like straight up. It's doing wo I'm sorry. I had to it's the best stable ever. Yeah, you could not get four for like brighter Bolder more passionate voices in this space and I don't entirely know what we're going to be talking about. But you know is this has just been me for an hour. So with the four of us, I'm sure will be four times more interesting. So,

That's something you want to get on quickly, especially because positions for that are running out quickly. It will be recorded and available later. But that is the big Marquee event. The main event top of the card. There's CM Punk. Anyway, keep an eye out for them. Yeah, will do. And yeah, I think from memory that event is on intersex awareness day, which this year Falls 26th of October falling on a Tuesday at 6 p.m.

Australian eastern daylight savings time. So that's the switch. Check your local guides for time zones and all those sorts of kinds of things as you do, but it is really important. And then, of course, just a bit further down the track as well as intersex awareness day. You have intersects Remembrance Day. Now, if I can get it right, eight of November, I went off the top of the hair. Yep, so it's really that period where intersex can get the visibility recognition affirmations.

Support it deserves. And yes, I'm all for in my best. Teddy Long, voice, and 8-person tag team match player. So, you know, sort of to our, to any intersex people listening. I do believe you are allowed to take that week between intersex, awareness day and intersex day or solidarity off as a religious holiday. So that's, that's one to keep in the back pocket. Sounds fair to me. Yeah, you know, look, and there are like, they should be local, queer holidays day after mid summer carnival down here in

When that happens, if we get back to that and all the rest of it days, after Pride, March all fair enough. I'm all for that. When, you know, we should get more rainbow supportive

people in Parliament and we'll fix it. Seriously, really, really important to acknowledge that. And yes, book for book. Now, book fast and all that sort of thing. We're fast running out of time on the show and I'll need a few minutes really flew. There's always

Well, as you said, there's so much to talk about but it is really, really welcome to finally see at least some movement at the station. And at this, on this station, coming up at 1 o'clock will be freedom of species. They'll be having a replay of their show about action animal activism and the Emma Animal Liberation Front. And also, they'll be Nick who has threatened species will be staying on to do. You'll hear his voice for, right?

Options are to, and then querying the air at 3. So Cody look, just any final thoughts as we get into the last few minutes two or three minutes before we wrap it up. I know that we've had lots, but let's see if we can give a take-home message.

I mean I was like the sign off. We're just like read and affirm to Darlington statement. If they, if, if you're going to start with the absolute Basics, that's as basic as it gets and it has a really, really good impact. So I'll often have a joke. Just like, first time you mention a Dunkin statement. Take a drink, but we already have plans. Yeah, absolutely that. That's that's as good. A starting point.

Does any any other? Yep, it can hurt to be down Darlington tonight at first with apologies to Paul Kelly. Anyway, look, it is really, really awesome that you're on the show. I'm, you know, again, fully affirming all the experiences you've had. But, you know, one, one hopes that we can get to a point where, you know, The Unwanted surgeries will stop just, you know, slowly.

Time time bitter to bit over time, but really, again want to acknowledge your tenacity and determination. It's not easy doing it when it affects you. So personally, and obviously unwanted surgeries of affected, so many people have intersex experience over time. So keep keep plugging our Endo sex allies. Please get behind people of intersex, experience to make sure that this can happen as quickly and as effectively as needed, so lives can be better. I'll

Hang on to the Zone Cody while I just closed down the show and we'll just sort of wrap it up from there. So hang on, just I'll just sort of go from there. So thanks everyone for

tuning in. Thanks to all our listeners Mel, smsing listener. And also, one of our listeners is put in self care. Tips. Take a break.

Meditate for one minute, each state, a tasty snack and believe in your awesomeness. They're good tips. There's lots of good ones out there. And yeah, thanks everyone for tuning into out of the pan today. Well, not really having nothing planned for next week. This show this show is organized are not really. Anyway, take it out today with a track from Midnight Oil because we can and I've been tracking down.

Stuff that I never bought even if there weren't any new songs. Who cares? Finally got around to buying Armistice Day live at the Domain, in Sydney, 2017 from the great circle tour when Midnight Oil reformed and here's don't wanna be the one. It's always my favourite originally from the place without a postcard album. Back in about 1981. Here's their live version and you can also get the video as well. I won't do Peter Garrett dancing around the studio. It's too small and a track called. Don't want to be the one. Thanks for tuning in to out of the pan I'm Sally Goldner catchya next week.