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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 we'll throw those questions into the pan and cook up the answers for you. So go on push back, gender envelope. Only on 3 CR 855 am digital and 3cr Dot org dot a u

3 CR 855 am 3cr Digital 3cr Dot org dot a u 3 CR 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 Wurundjeeri people 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 any First Nations people from all over the globe and we acknowledge that all the lands were stolen and never ceded. And that reconciliation is an ongoing process in which we all need to play our appropriate part. I'm Sally Goldner. I'm host of out of the pan, a show, covering pansexual issues. Knowing no boundaries of sex, gender, or genre of music, which will have a bit of today and we opened up and I'll tell you why in a second with the go-betweens and the streets of our town. In your towns and it's that's going to be kind of appropriate. There's lots of ways to get in touch with the show. You can email out of the pan, 855 at gmail.com., You can SMS six, one, four, five, six, seven, five, 1215. You can tweet at Salgoldsaidso and that's the bottom line. And look for posts on Facebook on my page, Sally Goldner, am and out of the pan 3cr 855 am Melbourne. Remember any opinions I express on the program are strictly my own and not those of any organisation or role with which I'm associated outside of the station. If you want to write to us, you can do that as well. PO Box 1277 Collingwood 3066. I will very much mention our support line numbers today. Q life, including switchboard, 1-800, 1845 27. The lgbtiq Family Violence line. One eight hundred five for 2847 rainbow door, you can phone 1800 729367 or SMS zero four eight zero. Zero one seven, two, four, six. The second half of the show will be much, I

think somewhat lighter than the first, because I'll be talking to Fabulous Queer comic. Lucy best about her show that kicks off tomorrow night called disgraceful, but importantly, and I do want to say that note content notes. I wanted. I'm talking. I have a wonderful guest on the line on the zooms to talk about something that needs to get talked about in rainbow communities. It's a difficult topic family, including intimate, partner violence in queer communities. And therefore if there's anything triggering in this, please remember those numbers. And if it is your, you know, I love you as listeners, but your safety is more important than your listenership. If you need to step away, do what? Grounding techniques, Etc, you need to do. Please do that. So on the line to talk about it, is someone who's got a lot of experience in this area and it is my pleasure to Welcome to 3cr and out of the pan. Kylie O'Connor. Kylie. Welcome. Thank you very much. Silly. It's a pleasure to be part of the program. And can I just start by asking if it's okay which pronouns you use if any Dharawal, you're on the south coast of New South Wales. Family Violence. It's a difficult topic to talk about it can affect so many of us. I mean, we heard that I deliberately picked that go between song because it does touch on it directly. But sometimes we only think of Family Violence. And yes, we'll say possibly absolute and relative numerical terms.

I want to acknowledge very much that it effects cisgender heterosexual, women and it can affect children. But, of course, it can affect everyone. And that's sort of where you come in. Where do you want to perhaps some bounce off off off? That sort of thing where you come in? Yeah. Well, I, I generally advocate for

Males that have been through the violence as well, but also in the rainbow community, in my experience. It hasn't been talked about that much, it's more. So now than what it was three years ago. When I started talking about it generally on social media. It's like nobody wanted to talk about it. No. What you like there was a real wall there and in three years, it's really opened up and I have a Facebook group.

Survivors of lgbtqia+ domestic violence because there's nothing like it. I went through it myself. I actually grew up in it. My parents had a very toxic relationship. That did morph into domestic violence on both sides and I learned to be a people pleaser and all the

Standard trauma responses that, come with that. I married at 20 and had four children in my twenties and then came out of the closet at 41 and I don't think apart from their

relationship. I'm in now, which is the healthiest I've ever been in all of them were quite toxic in their own way. And the one that got me nearly Homeless was

Gollancz, 101. You could have written a degree on on what I went through. It was almost.

What do they say workbook? Classic narcissism, and whether it was narcissistic personality disorder, I don't know, but there were a lot of traits there and it's traumatizing as a victim and when I was in Cross as housing, I looked for a rainbow organization that I could lean on and I couldn't find anything, there was nothing, there was absolutely nothing and I got really

A stated about that. But then I also got very determined to make my own. I got determined to heal and be healthy because I didn't want you. I knew if I didn't do the work, I needed to do as in therapy and everything. That came with that, I would end the next partner would probably kill me. So I did what I needed to do and it was hard work.

But once again, I looked for rainbow courses that revolved around same-sex, you know, queer relationships. And there was nothing. So I went and did a life coaching course. I've started up a Facebook group and I've written a program to help survivors regain their self love. Because in my healing I realized that my lack of

Love had attracted that kind of person where they treated and said things, exactly how I felt about myself. So there wasn't anything that this person said. No, I didn't think myself, which is quite devastating and heartbreaking, but I certainly don't think that. Now, you know, but I had to do some very hard work. Do you turn myself around on that? Yep. Look in that thinking.

Yeah, yeah. Well, first of all, I just want to acknowledge your authenticity and courage and honesty and speaking about it, which is not easy and totally affirm the well significant shortage of services, who are even aware of aware of the issue or fully supportive. And, of course, some might get gay and lesbian issues, but then we get into issues like trans and by and there's probably

Remember researching seeing the search engine of a few years ago. And there were about four entries that came up for intimate, intersex domestic violence form. And it was just like, we should talk about it, which doesn't tell us much at all. So we certainly need, you know, the research, the resources and what sort of things can happen, but I think you've just brought on, you know, you've covered so much in. Once again, I'll keep giving out the various numbers throughout our conversation, one being Q life including

Add 1, 800, 1845 27. It must have been you know, we're talking some fucking use the phrase Deep Emotions with deep roots, you know, and you said it was hard work to overcome that and I totally again. Also affirm that. My question is, what sort of, you know, everyone's journey is everyone's Journey, but perhaps, what sort of things worked for you hand, if you're feeling comfortable to tell us a bit more about how that

And what sort of things helped you move forward, what sort of ideas you have. So that there's someone out there going all, the first part of Kylie's story is resonating for me as a queer person or anyone, you know, they might be able to go. Oh, wow. I can look for something. So please tell us a little more about that. I, at one point had a trauma therapist. And I went to a very gay affirming as in, you know,

Rainbow, I don't mean that singularly a rainbow affirming. I therapy group called relationships Australia, where they? I went to one therapist and and even I was on New Start, you know, I so we all know how much we get on you start and, and I didn't have the dollars and I was just charge \$5 for a session.

And I was so grateful. And because my ex had breached my Avo, my case got pushed up and I then had organizations touching base with me, which put me in touch with a organization called Vans or a program called Vans, which is violence abuse neglect.

Services. I think that's in New South Wales though. I'm not sure what services are in other states and was I would have to say that that was probably the safest therapist or Vervain to. I she really held space for me to talk about difficult things and she had the experience to go there. I'm a person that goes deep or goes home. So I

I've wanted to do the work, how I balance that out is I had to learn to nurture myself. I had to learn to put myself first because my upbringing had made me into a people-pleaser. My trauma response was people-pleasing.

I had to learn to put myself first and say, this is a priority. I'm sorry, and I had to learn boundaries as well. I had to learn what my needs were. I had to learn to ignore each my own emotions, and all of that is hidden when you come from a place of trauma. Yeah, so just step by step, you know.

Yeah, sort of clearing out piece by piece. So, to speaker, I look I again, totally affirmed and for what it's worth understood. And I think, yeah, I think this is something a lot of rainbow people in particular, go through particularly. I'm not dismissing for a second W, younger people go through. But at least there is a chance of a better start, but when you've been demeaned, all your life, always felt like the odd. One out, that sort of thing. I think there's a lot that comes in.

They're about lack of self-love. One of my favorite people, Anthony, then Brown wrote in his book of life of unlearning about, I'm similar things to what you're saying about, you know, people pleasing and all that sort of thing. And, you know, it's a, it's a very big issue and just to mention a couple of services in Victoria just to apart from switchboard Drummond street services, / queer. Space is a great service and Thorn Harbor Health are too.

Big quiz services and I've done some work with the Northeast cars are in Northeast Victoria. So they're gradually getting there. But as I say it's a lot of dots to join so to speak all around the country. And again, I'd probably recommend Q Life which of course can be National to try to get some information and support to get people through and there's no it hasn't been talked about a lot and

I'm I'm trying to, I'm Russ. Russ, Russ. I'm so I have a name block sometimes who did the wonderful sort of performance, the dark side of the closet, and I think it's rust Briggs, and I'm so sorry. If I get that wrong, which was a gay man's journey of intimate, partner violence in the late 1990s. And, you know, it's a one, it's a very powerful show that uses his skills. And now, sort of,

Goes through his story. And, of course, he now has a wonderful partner. Matt. So yeah, we need these stories to be told again. I just totally affirm that, you are sharing your story. And so, yeah, just getting a good. Good therapist, getting some support. I also think it's relationships. Australia to my knowledge again. Pretty queer friendly and well-trained side of whom that as well.

And yeah, I have to check out Vans as well. And it's just, you can be finding that therapist who clicks for you and I to also totally firm about go deep or go home, nine person like that in terms of neuro processing and I'm also going to say something else that just you know, you strike on some things for me personally, even as we're talking, you know, that I think I would disclose that as well. So you gradually have sort of well-tended life.

Around, which is so important. And you know, yesterday was domestic violence or domestic violence awareness, to I'll go with queer for short. And now what does that mean to you? Now both I'll say personally and I'll say professionally that we have a day like that. And what would you like to see happen on that day? And what more can we do? Well, the the CEO of that particular awareness

Pain, he had a dinner. I think it was on Friday night and a fundraiser to raise awareness and that's his area of expertise. I would like to see a program which I've actually written one that actually helps you get in touch with, you know, being worthy being enough, being lovable and that sounds really

At a superficial being lovable, but a lot of us look at our, you know, they say in a long-term toxic relationship because they just want to be with someone. But the thing is, regardless of how you identify and what stage, you are of your transition, or your query Journey, you are lovable just as you are. So that's three stages of that, first three steps of my program.

Knowing what your needs are as a person as a single person but also within the scope of relationship. Because if you don't know how to communicate your needs or do you don't know what your needs are, it's not going to turn out well on any level and acknowledging your emotions. They're not the big bad wolf that everyone thinks they

are. When all of those five things are in place. We have boundaries and quite often people, pleaders is have

Boundaries and next minute way we're not coping because we've given too much. So instead of then when we get into a toxic relationship ends up, you know, or a domestic violence, a situation where you're a people pleaser with someone who just doesn't respect your boundaries. It's ends up being. This is this subject is a

Can be a matter of life or death. Absolutely. I came home and that week, I came home to Walmart was February, 2019. There was a story in the paper of a lesbian couple, where one of the couples had thrown the other person. The victim over the rail and killed like this. If this isn't a she hasn't hit me and that's the thing too. It's so multi-layered and I apologize for jumping.

Others are the case. But you know, when you love yourself, when you put yourself first not in a selfish way. I'm not saying like, you know, it's all about me. I'm saying in a nurturing loving manner. I you attract people to you, the treat you that way. I and you meet beautiful people.

I was complete almost destroyed by what happened to me. I lost every position. I had including a 15 year old dog. My ex took off with my phone, my ID and my car, and I was left with the clothes on my back and in order to get apprehensive and I the ADV. Oh, I had to stay in the town that this had happened. I was determined.

To make them accountable for their behavior. And I'm using general neutral terms there to protect their privacy.

And that was traumatic to say the least. I'm laughing out of. I can't believe that happened to me even though it did. I don't mean to make light of the situation because at one point in the Backpackers in the entrance, I was in a fetal position crying for an hour and of the shower, so I don't mean to demean any part of this at all, by my, chuckling understand.

Bueno. I did come home and I was I was stable and I had to allow my family and I'm so grateful to love me, you know, because I was like the brick wall was up and I was in a

very that fight or flight. I was in that I was in shock and they just were there. They didn't say anything. Even to this day. I haven't talked a lot.

At what I've been through. And I went to the beach, the waves. Thus, and the everything just healed me, it took away my anxiety. And so, are you at the beginning? You talked about grounding? Once my feet hit that sand, it was like something. Just got completely drained away from me. It's like, I was, you know.

You it balanced me out, the waves washed away, all the shit that was in my head anxiety. What the things I was worried about the hurt the pain and then I'd get out and I ground myself on the dirt on the sand. Again. I'd lay flat and just bring up whatever hurt, and let the sand and the waves, take it, and then I go in and wash it all away. And I did that day after day after day.

Um, and I would collect a rocker isil every time and I've got jars of them now. But yeah, that's that's what worked for me. I know other people.

Love I going Bush. I like no other people like going, you know hiking I do think Nature has a healing power that we we just have no scope of its power and there what it actually does to our us on a soul level, you know, getting into the spiritual stuff now, but you know it I think it all goes hand in here to you know, lots in

Carly. You know, I think that whether it's Bush or nature or Beach or wine of the Fab therapists down here. I know the fabulous, Matt Glover is now working very much with Forest therapy, which is very, it sounds very similar or at least has some similarities. Also want to say that, you know, we have a reaction to shocking events where we do. Laughs, that's just want to confirm that as well. And also, just to gain mention one of the various numbers, we have rainbow door.

29 367. If anyone needs support in any way in relation to this content, you're now taking your experiences and you're now putting that into some of the work that you do. Tell us just a little about that too. Perhaps wrap it up. I have a Facebook group called The Warrior's Way, we've got a huge, I am determined and it is a great pleasure to offer a completely inclusive group.

I will not tolerate anybody saying anything about my trans sisters or brothers. I just won't tolerate it. So we have a lot of trans people in the group that have been through domestic violence as they have come out from childhood. It's not strictly intimate, partner violence and I just have inspirational stuff. I do lives and I'll be launching my program.

In the coming weeks. I'm also ml life coach. So I'm I can give you session personal sessions as well. I ain't take you through my program. If you don't want to be around other people and as as socially have social anxiety on that front and I'm work from anywhere, you know, as long as time zones can be tricky, but you know, it's

That's one my I'm doing it, because I think if we, if we have a program that stops the cycle. Mmm, then you can you deserve to have that beautiful happy life. And that there, I believe that there's, if you want a healthy relationship, there is someone out there for you and you have to just know that you are deserving all that healthy. Happy query relationship that you dream of.

Beautifully put, thank you so much. I think, you know, I think that's because of time we might end it there all the one thing. What's the best way for people? If they do want to just contact you, I'm, you know, and perhaps find out about the Facebook group. I'm, I'll play safe and just I'm not sure if the Facebook group is, what is it, open closed, or secret, or did they just get it? It's definitely private. Yeah, so the best way to find out about it is perhaps just to get in

With you somehow. What's the best means of communication that your paps? Come you can email me at Barefoot coach at yahoo.com. Barefoot, coach, all one word. I'll put that into some information Kylie really, really again. Totally affirm the courage and sharing your story, not easy, but also again, affirm your work and coming through it and the work that you're doing now.

Now, which will definitely if it hasn't already Save a Life. It's will turn a lots of lives around. It's really, really important that we do it and it was just totally appropriate that we spoke to you on the weekend of queer domestic violence. Awareness day is and thank you so much. Thank you silly. It's been a pleasure. All right, if you just want to hang on for a second, I'll just move to today's episode of Pacific X.

People screw from Pacific x x have episode 7 lined up. Let's hear from them on 3 CR 855 am 3cr Digital 3cr Dot org Dot and 3 CR and demand out of the pan with Sally Tyler for lover. My dually, purana for California to Kira. Isabella Wanaka, Aloha Hooman. Jaka and hello.

We are PX funnel a Pacific lgbtq+ podcast created during the covid-19 pandemic as a voice for our community informing and promoting good health and keeping our rainbow flower knows safe for covid. This is presented by the Pacific X Collective and produce on where Wonderland in the Studio's of 3cr in nam, Melbourne.

Children, and my name is maki. My pronouns are he/him. And I am a gate proud talking and conda. For today's episode. I will be talking about long covid and how drag helped out gifts captured lockdowns. What is long covid? You may ask a person is usually considered to have long covid. If the symptoms have persisted for longer than 4 weeks, after their initial infection. These symptoms can include extreme fatigue, shortness of breath, heart, palpitations chest, pain, or tightness.

Has my gift for this episode is none other than Joseph do for now. AKA The tongue-in-cheek Who will explain the experience of coping with symptoms of covid-19 in elevating and drag during block down. Well, thanks for having me Marquis. My name is Sofia to formula. My stage name is Tom and cheek. Pronouns are he/him out of drag and she her in drag. I guess we do. I start I, you know, but I brought my mate car was watching RuPaul's Drag Race and I

I was like, okay, we're going to just get this Market together during lockdown. We came out of lockdown with back into lockdown. And yeah, I was just focusing a lot of my time on my makeup and, and kind of planning books else. Pretty much what was going on during lockdown last year in late September, right before coming out of lockdown, is when I got covered. And it hit me like a train. I thought I was strong and they're not covid. Hit. And I was bedridden for about ten days. Yeah. I've never felt my knees like that. I tried to get up and walk it.

I was just really sore. My whole body was sore. There's a bit of long covid. I feel like my voice is very raspy and it's been quite it comes and goes like, I'm eating healthy and

everything kind of go away and drinking enough water, but here lately, it's just having them come to myself. So, it's kind of drop. The raspy voice is back, but I guess it's also a winter as well. If you were to give a word of advice for anyone wanting to establish a journey and drag, what advice would you give them? We don't have to do too much.

In order to inspire. We just have to be there, we have to show up. I can't rap with a go-go wig and be on stage. There's representation in a space. That's predominantly white. Caucasian sisters men or white dry-cleans. Get to be honest, I think, showing up, but then it's showing up, and then it's also, what are you showing up? What are you telling when you do show up, is what's the whole story telling of it all? It's what you do when you show up. There's one thing of going out there and Performing asset.

I was hiding but like dignity. Like tell your story is going to enhance your performance. It's going to come from a true place. It's going to come from your heart and it's going to connect. With people on ability is so key. For more information. Visit www.reimaverick.com. Dot-gov do a you for information on long covid, and for information on covid-19 service, Provisions visit.

Look dot gov dot. EU forward slash Coronavirus.

This is your support to formula. I Ka. Tongue-in-cheek. And you're listening to PX Panic. You've been listening to p x bar, know with the Pacific X Collective speaking about keeping covid safe. And what that means to the Pacifica Igbtqi plus Community for more of the latest information about covid. Go.

Www.healthcare.gov .a you? Listen and download our episodes from 3 c r dot org, dot edu /px finer and to find out more about who we are. Go to Pacific x.com PX4. No, would like to take the Victorian government. Multicultural Communications outreach program for their financial support and the community radio network for getting the program out to you. Our theme music was produced and

And recorded by Veena.

Catch us again next week, on out of the pan on 3cr community radio 8:55 a.m.

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Tracy are 855 am 3ci Digital 3cr Dot org dot. Are you and 3cr On Demand out of the pan with Sally first broadcasting noon? Through one every Sunday afternoon. Thanks for your company. And we just heard from the emotions and The Best of My Love, which we hope people are in their relationships get, but it's also a fun song and

It's important that we spoke to Kylie about the importance of yesterday. Being queer domestic violence awareness day. But also there's lots of great creative people who do have some fun in our community and one is on the line now and to talk about a show that she has coming up for about a week this week in the city of Melbourne. And that's Lucy best. Welcome to 3cr Lucy. Thank you. Sally. Hi. Good to have you with us. You're doing the show.

Which I just think this is what we like called. Disgraceful how yes, drop some hints on how your disgraceful. Some to give us some teasers for the show. A lot of the show is about my misspent youth. So content warning. There's lots of sex and drugs. Mmm. I'm Miss spent it very well good. I guess essentially it's about, you know, when people give you labels that you should not let shame.

Part of those labels. Mmm-hmm. And sometimes the labels might seem like derogatory or an insult and we can just own them and claim them much the same way that we've reclaimed the word queer. Yeah, which is a good, a good thing to do. And I've got to say, I do love the, the photo on your flyer was was that how you went about looking to scratch for was always that just a fire that but Votto is the inspiration behind the show. So I had an idea that I wanted to do a show about

Aging, and kind of, you know, I suppose aging just gracefully but I hadn't really thought of it in those terms. And then I had a photo session with the amazing Rachel mayor. She styled that photo, and I'm wearing a fabulous jacket by gun-shy design. And when I looked at it, I was like, I think that that's really speaking to me. And disgraceful was the word that stretched spring to mind and then the show kind of developed from there decided instead of talking about aging, now, I chide talk.

About how I got to where I am now. Fair enough and you are a raw comedy State finalist from a few years ago. So you've been around the comedy trapped and well, well done to to getting there and of course, big WooHoo for raw comedy who do bring on our up-and-coming comics. And now, it sort of, I suppose the the question on a show like out of the pan Which covers queer issues is very, very

Important how much sort of, you know, again, teasers not spoilers, how much did Quinn has come into being disgraceful in a good way? Yeah. I mean, I did there is a quite a lot of the show is about that and about basically not, I didn't realize that I was unusual and I thought that everyone else was the weird ones for being mono sexual, as I call them. Yep. Yeah. I'm attracted to all people.

Basically, I like to say, if you're not racist and I want to touch you and you're in with a chance. That sounds pretty. It is happily disgraceful to me. Yeah, mmm, but yeah, so I talked about my youth and having that realization that actually not everyone is into all kinds of other people. And and, and when I was a youth back in the 80s, we didn't really bisexual wasn't really, a commonly used term and pansexual did.

When exist. So it's wonderful. Now that we have labels and, of course, you know, only use labels if they help you. But that's it has been helpful for me to go. I'm the be in the lgbtiq a flirt. Yeah. Well, that's the thing. It just seems. There's so much by visibility now and I've got to just quick digression. I had a wonderful time at the unicorns event on Friday, run by the fabulous. Still see lots of Lamy people.

Lots of all laughing. It's a lots of people just be being themselves to put a small pond in because and the thing was that, you know, the you could put not just your pronouns, but whatever labels and descriptors on your sticky label on as you did, the speed dating part and there was just no questioning of it. And it's just, it's wonderful to have that now. But as you say, I wasn't like that in the time Types on by and get you said, yeah.

Not quite real. Well, from what you said, you are the one who sowed Fort while everyone else was was in inverted commas. Weird because they were mono. But, did you have any, you know, sort of challenges coming out, vas a queer. Generally, and queer in performing /, comedy?

I think, I mean, you said about my visibility. I think that by rager thing has always been an issue and I find, you know, whoever you're in a relationship with people go. Oh, so you're a lesbian now. Okay, so you're straight now, that was just a phase or so. I've heard that, you know, since since being a teenager, I'd say that everyone assumes that whatever you previously, whatever relationship your previously and was a phase and the current one is actually your sexuality. And even though I'm still no matter if I'm in a relationship with someone who identifies, as one gender or another or no.

And all, I'm not in a relationship at all. I'm still bisexual, absolutely, always. Always a b. And we've got to mention before we go further that. We've got some thank you for this. We've got giveaways to see disgraceful for tomorrow night and I'm going to get to see if our listeners can find the answer to a question and you are allowed listeners. You are allowed to phone a friend or that sort of thing to win. Two tickets to

Mara night, Monday night, the 30 seconds to opening night, opening night, our goal, our event, a glow color event. And that was a Darrell Summers joke. Seriously, if you are the first to listeners or listener, who wants two tickets to come and tell to get in touch with me by all the means of communication. What day is celebrate bisexuality Day celebrated on and has been since 1990 which particular day of the year? I think that's a good question to ask. Is it good?

Stand and you can win two tickets and I'll be monitoring the various means of communication throughout the afternoon and you and up until maybe you've been 7:00 tomorrow night, but I hope someone comes in very quickly. Lucy is, well, you do lots of things, you run a queer comedy night in Fitzroy. Tell us a bit about that. That's right. And you were on on the last one. It was a fabulous night. So it's just called, queer comedy.

A clue is in the name, every other month, that George's Bar on Johnson Street in Fitzroy. And it's, I call it a variety night. So, it's queer comedy, but it's, you know, we often have a musical act. Sometimes, we have a bit of sketch comedy, and it's free. And we have a lovely loyal crowd of regulars that come, but there's still room for more. So if anyone wants to come the next one is the 27th of July. Yep. It was a great night and well, yes, I will say I was there in some way.

Yes, for a person who's suddenly gone it. Yeah, we won't say anymore. But anyway, it was lots of fun. I do want to say it was a very, you know, it's just such a queer friendly crowd and they really got all the material and it's so nice. Again, when you don't have to really explain things where as you know, predominantly cishet Endo crowd would probably be going to know what you're talking about or that person talking about or whatever it is. So I think it's a really good venue. So yeah, Mark out.

Mark down 27th of July, and your Outlook calendars, and similar. Now, people of all genders and have lots of fun. And so disgraceful is as it says, on the flyer, a one-woman show about a lifetime of Behaving Badly. Are we allowed to ask how much lifetime you've had that? And how much material therefore you've got to draw? Yeah. I just turned 48, just a few weeks ago. So I'm, you know, I surely must be middle-aged.

By now it must be about halfway there. So yeah, it's you know, reflecting on that and reflecting on the fact that I wasn't just disgraceful in my teens, in my 20s turns out. I was a pretty disgraceful little kid too. Okay, then what we do we find out about this. A my spine? No more spoilers. I'm you've got to come along and see disgraceful, which is at the butterfly. Butterfly Club at five Carson place off little columns in the center of the Melbourne, Central business district.

T' and as we say, we've got to. Yep. Sorry. Yeah, I was going to say it. So it's a bit of stand-up comedy, a bit of sketch and a bit of music. And yeah, it's very light-hearted. Although I touch on some of the, some of the challenges that we face as we get to the age that I am. I I try and do the more than a very light-hearted way. So it's come along and laughs come on laughs loudly. So, I can hear you laughs loudly, and you can do that.

30th and 31st of May 1st 2nd 3rd 4th of June. So six shows starting as we go live to air tomorrow night being Monday night 5. Cast-in-place off little Collins in the center of CBD at the butterfly Club fly in and enjoy some Combi 8:30, starting time each night to get there, just before and no doubt grab a beverage. If that is your inclination. And yeah, hopefully, well, I'm certainly going to be there tomorrow night and look forward to seeing you there.

For sure, and hopefully two of our listeners will Avail themselves of the free tickets that you've kindly provided and well, yeah, and I want to have you on the show more perhaps to talk about life as will say, Lucy, best person after you've given away all the spoilers, but definitely wanted to give this a mention and also a shout-out to any query Comics or performers, please send stuff into out of the pan 855 at gmail.com.

Up to hear from you as well. And promote, you know, Qui performance and if there are queer comedic performers, listening and you're interested in appearing, on The Quay Comedy Nights of George's Bar, then please do get in touch with me. My email address is Lucy at Lucy, best.com a nice simple one. I'll pop that into the podcast link and we'll make sure that we get queer comedy on on the boil.

In Melbourne, Lucy, I'll let you get back to your day. And thank you so much for your time popping in from where you are on the job today. And I took is for a great week of shows for disgraceful.

Thank you, Sally. I'll see you tomorrow. Take care. Catch you by now. Bye. Lucy based on 3C are talking quick, comedy. Just have time to wrap up the show and then freedom of species at 1:00 today. They have lined up an interview with Fudd, animal photographer, Joanne MacArthur discussing the book hidden animals in the anthropocene documenting. Sadly, our violent relationships to non-human animals across the world.

And features the work of 40 animal photojournalists, but so we'll just have a quick message and then come back and wrap it all up, 3cr 855 am 3cr Digital 3cr Dot org dot U 3 CR and demand out of the pan with Sally, enjoy. The Splendor of rip and Leah States, Gardens at the Botanica Festival, featuring an Open Air Market, and huge plant sale will be a day of entertainment with plenty to do.

Join a garden tour or explore stalls, selling gardening, books, plants and locally made items. There will be food Vans and performances throughout the day. This event is generously made possible by the city of Glen. Eira Botanica will be held on the 29th of May between 10 a.m. And 3 p.m. At the ribbon. Leigh estate elsternwick. Further information can be found on The Ripping Lea website, rapidly.com, .iu. The National Trust of Australia is a through C, our supporter.

Tracy has annual radiothon, fundraiser, launches in June. We need your financial support to be independent Community controlled, and focus on people. Rather than profits, your support during radiothon keeps the station, strong and enables us to give voice to hundreds of people and issues for another year. And remember Eddie amount you can afford makes a big difference and all donations over \$2 are tax-deductible, 3cr radiothon.

Show your support during June 2020. 23 c r Cube Community strong.

3 CR 855 am 3cr Digital 3cr Dot org dot Tau 3 CR on demand out of the pan with Sally. What a packed show has been today. Thanks again to our guests. Kylie O'Connor talking about a very difficult but necessary topic to talk about family, including intimate partner violence with an emphasis on queer communities. Once again numbers to call switch boarding as part of Q Life. 1-800, 1845 27, the Victorian.

Quit Family, Violence line, one eight hundred five, four two eight four, seven rainbow door. One eight hundred seven to nine three, six seven and four phone and SMS zero four eight zero. Zero one seven, two, four six. And thanks, of course, to Lucy best. And remember, hop in for your Choppers. They say, or you vegetarian chop, because there's two free tickets to Lucy's show tomorrow night. So get in touch with me via all the means of communication out of the pan.

855 at gmail, you can tweet at will perhaps dm2 at self. Gold said so on Twitter or Facebook message and my I'll see you there and enjoying Lucy's fabulous comedy. As I said, coming up next freedom of species with Joe and MacArthur animal photojournalist. And well, you don't get rid of me that easily this week. I'll be back at 2 to do rotations today to place. Lots of country music that the fabulous. Joe from 3cr has been sending me.

Ins is just is just that a rotating show at 2 p.m. Every Sunday and then clearing the air at 3:00. However no mucking around. Pretty much got a gooiest locked in for next week. I'll be talking to a federal Alp politician because we took a break from the politics this week, but we need to get cracking on some lgbtiq, A+ reform and progress, both legally and socially. After the well, the relative quid a bar called that was Federal politicsFor the

last nine years. Some people's are probably being too diplomatic there. But anyway, it's been a very interesting week. It's just this feeling of relief but it only feels at this point like we've sort of gone from reverse to neutral and we're still in neutral with the handbrake on if I can use a motoring analogy, of course car run by clear clean fuel. So we want to make sure that we now get into gear and get some queer reforms going. It's just, you know, we can't just have nature abhors a vacuum. Nature is not a Godfrey salesperson. I think is how that one works. Anyway, make sure that some you're in tuning in next week. But also as I said, I'd be back in an hour or so. With rotations and music of all the non-binary, kind not just country and western, but all sorts of related fields as well. Take it out today as part of national. Sorry week with sorry day being back on Thursday and well dedicate.

This tract, sorry day. Someone who fought so hard for Aboriginal and Torres Strait Islander people and Eddie Mabo and this track from Neil Murray from the album, The wondering kind. Thanks for tuning in to out of the pan. I'm Sally Goldner. Catch you next week.