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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 3 CR 855 am digital and 3 CR dot org. Dot au

3 CR 855 am 3 CR Digital 3 CR dot org dot a u and 3 CR on demand. Out of the pan with Sally first broadcasting noon, through one every Sunday afternoon currently Australian eastern. Daylight savings time. I'm Sally Goldner I use the pronouns she and her, I'm your host for the hour. 3 CR proudly broadcasts from the lands of the Wurundjeri and Bunnerong, peoples of the Eastern Kulin Nations and we pay our respects to elde's past, present, and emerging; hello to any Aboriginal and Torres Strait. Islander people tuning in from any land, are on this big island and surrounding smaller ones. And we acknowledge that all the lands are stolen and never truly ceded and that reconciliation is very much an ongoing process in which we all play a part, particularly during this calendar year of 2023 where we are aiming to achieve the voice.

Out of the pan is a show covering pansexual issues pan meaning. All, but it's all sorts of things, all sorts of aspects to life. There's lots of ways to get in touch with the program and communicate in all directions. Thereupon, you can email out of the pan 855 at gmail.com SMS 6, 1 4, 5 6, 7 5 1215, tweet at sal gold aid so and that's the bottom line. And look for posts on my page, Sally Goldner on Facebook and also 3 CR 855 am Melbourne on Facebook. Remember any opinions that I express on this program are strictly my own and not, those of any organization with which I have been Associated past or as I'm still involved in the present, you can also snail mail as PO Box 1277 Collingwood 3066. I will definitely put up our phone support numbers today and that is for switchboard on 1 800 184527 and rainbow door you can call them on one. Eight hundred seven to nine three six seven you can SMS rainbow door on zero four eight zero. Zero one seven, two, four six because I will do content notes right off the bat, there will be discussion of mental health and suicide and bereavement. Which overall are certainly getting up to medium level sort of content?

I want content notes and it's totally. Okay, if you need to find another time to listen, your mental health is the most important thing here, but it's also very appropriate. I mentioned switchboard

and we opened up with Kate soprano. I'm singing vocals on Andrew pendel Breeze, 1992 album, don't hold back that feeling calling you because switchboard is a place you can call and they do more than just telephone and net counseling. They run all sorts of great groups and have all sorts of great projects and I have

Have well one of the in my opinion, one of the steady and great contributors in recent times to our rainbow communities on the zooms from Regional Victoria, welcome to 3 CR Grace Lee.

Hi family, it's lovely to be here. Thank you for letting me join you today. I'm coming from the land of the Dja Dja Wurrung. So beautiful place. I'm very privileged to be able to live and work here. Well, absolutely, beautiful country all around as it's called in these day. This day and age Victoria and I'm have to say, I'll get it out of the one. Getting very excited to be heading, pretty much close up your way for chill out in about. Now, I'll be up there from Thursday to Monday.

So heading up there in 10 days time and I've missed Regional Victoria in the last few years declaring my into Happy interest. Of course, as chill out pan, bastard. All that's my title and I've given it to myself and I'm sticking to it but we do have an important thing to talk about today. And as I mentioned, it can be a challenging topic. But we where we need to discuss these things. Switchboard has a very important group that it runs and you're the person in charge, tell us what the group is, what it's about.

Bout to get us started. Sure, look doc. This is a bit of a sensitive topic but we'll treat it as sensitively as possible so we know we're probably most people would know that that switchboard is an organization that you know, leads Suicide, Prevention and provides, all those kind of supports that you've mentioned, the fine, lines and chests and so on. I'm involved in a project that's been running.

About just over 18 months now and it is about suicide bereavement. So what we're talking about here really is that sadly, when someone dies, we often feel an intense sense of loss and grief, and that can last quite a long time. I'm Gonna Last for years. I mean, it doesn't really ever go away, ultimately. So, you know, grief and bereavement is a very real experience for people for all sorts of reasons.

Sadly when someone dies by Suicide that can that can have sort of so many ramifications for those around them for their partners, for their families, for their, for their friends, and their communities. And so what we've learned, I think over that actually over the last 10 to 20 years that providing specialist support for people bereaved by Suicide has real value.

You it has real value in alleviating alleviating some of the pain and suffering and making a little bit easier to bear and what actually very critically we know Sally, is that if someone in your family or someone Close to You dies by Suicide, actually your risk of suicide goes up. And so, it's really important that we don't kind of ignore these events. These very tragic and sad events. But that actually we provide help and support

To people who are bereaved and the who are finding it hard. So there's been groups running in in the heteronormative straight Society for quite a while. So there's a very good model which has been really based around providing weekly support group meetings, for small groups of people who've been kind of matched a little bit in terms of perhaps their experience and so on and taking them through a

A program, which is partly an educational. But also very importantly, peer support. In other words, you know, being able to spend two hours a week with some other people who've had a similar experience, you know, and that, that's great, that's been fantastic. But there has not been a specific group lgbtiq, a plus community members. And that's what we've started at switchboard. We started that yet nearly nearly two years ago now.

And it's a world first. We both will say that we are the first sort of queer suicide bereavement, support group, in the world. And we've so far, we've won, we won three, we've run three groups that eight weeks long and actually, we've got one other one coming up in April, so there are spaces on that group. So importantly, if people listening today, hearing something that they might think, I actually, that could be, that could be helpful to me or to someone I know.

No. Will provide us, I'm sure a lot more information about how to contact us as we as we chat about this. So it's a group, it's meeting online. Currently, we course, we had great ideas of doing it in person and then we got hit by covid and he went to an online version, and actually the online version works very well. It makes it accessible. And especially as part of, you know, my concerns are about being able to provide access to services to people in Regional and rural areas.

So it does that. It's a zoom group. It's run by three facilitators at the moment and we are all members of the community. So that's the first important thing and we are experienced it, you know, experienced in grief and bereavement counselling, or we have lived experience of losing close friends or family to Suicide. So it's we're very much in the spirit of boat together

Mm-hmm and yeah look we have a different, it's structured we have a topic who different topic each week people get a lot of opportunity to talk about their experience. We provide we

encourage people to talk about what happened to introduce the person they've lost to the group and then we work through like, what grief is, what you know, what does that feel? Like and what strategies can people use to make themselves?

The easier to cope with that loss. It's I mean it is tricky because the narrative for lgbti qa+ people is different again from the mainstream. Ask you that? Yeah, so so so if you know, if you if you go to a straight support group, it can be very difficult to admit or just close to your sexuality or the relationship you had with the person who died it.

And it may be difficult for some people because of their identity that they feel will not be accepted by the rest of the group. So and and actually you know, unfortunately straight groups may not be the safest places for some of us to be in. So it was really important. I think that we found a way of creating a safe space for our rainbow community members. And I mean, go guess there's

Number of, you know, we very fortunate in that we found this through Community consultation as well. So the switchboard has a lived experience Advisory Group specifically for this project. So they were people who have for example, well they would have they would have lost somebody to suicide and they would have used services in the community but not necessarily rainbow services and so they were able to bring their it.

Experiences of what worked for them but also what didn't work and how they might want things changed. And so we've spent quite a bit of time. Yeah. You know rewriting rewriting the program from a, from a perspective of lgbtiq a plus. So we make this a safe space for any, any sexuality, any gender identity, any relationship sort of structures that people you know that that's that

That's them. It's part of who they are and they can feel safe and free to, to talk with their peers. Yeah, and so far it's been working quite well. People coming back. I mean, that the impact it has on people, especially isolation is such a significant element, suicide is frequently, it's stigmatized without suici stigmatized, so it's very difficult to talk to people about it.

No, look, we used to be a prime and still isn't placed another. Well that's why we're there's a work it many of us will say so-and-so committed. Suicide, we tend to avoid using that term nowadays because it you commit a crime don't you? You commit murder or something. Yeah, I hadn't thought of that. So we tend to just sort of say I was someone died by Suicide or they suicided or whatever. But

Do it. I think it's important to understand that and along with some Faith, but will consider suicide a sin or some other major transgression. And so it's important that we kind of find spaces that you know, take us away from some of those those views. Those very - pejorative use of what suicide might be to allow people to to connect genuinely around.

And within the grief. Yeah, look, you've covered. So that's that's where we're at. Yeah, yeah. Have you filled through the issues sort of from the big picture and then honing in? I mean, we don't talk well enough for now in humanity I think I'll often about grief and bereavement. We don't talk about suicide then we come to Rainbow issues and agree with you. There could be the possibility. If you go to a broader community group, that you'll be misgender door as a buyer person, you'll be told, oh, well,

You're your own with the male partner. You can fit into a heterosexual group or whatever and I think you've that's absolutely right, you know, there's sorts of things come up and, you know, I think the thing I'm I'm the lived experience Advisory Group is obviously the first thing is people with that lived expertise in this particular issue but then the thing that I think just I want to flesh out a bit further is intersectionality. You know all of lgbtiq+ of and intersections there in, did you

Age to get the range that you want to, because I mean beyond my lived expertise. I would probably guess there might be different issues, say, for Aboriginal and Torres. Strait. Islander people compared to someone like myself who is neither of those things, for example. Absolutely. Yep. We'll look. I mean, you know, absolutely valid. And so I spoke originally about accessibility and how important it is now and how actually Zoom for example can help people get access and if they are unable to travel or

Leave home or whatever or that they have you know they're immuno compromised and can't without want him up would be uncomfortable and safe for them to be in a physical room with a bunch of people. They don't know though. So we. So we've kind of been able to sort of kind of work with some of that I think we it does mean that the whole group is accessible cultural sensitivity is really important. So,

Yes, look, I mean we I think we learn as we go along as well, but we I mean switchboard is has a lot of programs around, you know, to buy pop stuff, so around, queer people have black, or trailer or people of color. And so we've got a lot of information and that you know we're constantly scrutinized around what we're doing in those sorts of areas by other parts of switchboard which is great and they can contribute

You to what we need to do then, I mean other things as well like neurodiversity. Kind of again can be very important for people as to how comfortable they might feel even in a in a zoom or online environment. How they work, what they want to show themselves on screen or not, we don't have a rule that says you have to have your camera on it, maybe,

That people and I've been working on this in the last group in particular where we provide a synopsis of what's going to happen in the group and so on so that they are kind of able to prepare rather than being presented with a set of complex questions. We might put in and some of us facilitators myself, obviously included we can wrap it on for hours and it's like it can get. It can be confusing as to what's the point sometimes. So, you know, and yes, you know,

The environment Speedo, it's again it can be and we would do this. If it was in person as well you know what are the lighting levels? What are the sound levels in the room? You know what do we do for people who got sensory sensitivities or all sensory disabilities? For example so if they're if they are vision impaired or something else then we do you know we take into account the individual needs of the participants so it's probably worth saying I mean yeah. When we

If anybody is the wants to, you know, what's to join a group, they will give them contact details. And what will happen is that somebody it'll be me or one of my colleagues will like, contact them in the first instance in a way that they wish to be contacted. So either by phone or e-mail or whatever and there will be what we probably call a bit of an intake interview. We will find out a little bit more about you and what your needs are. If you're able to discuss that and so we can then take, we can start to build those.

Those needs into the group as we're going to as we put them together after the sort of telephone interview which will also clarify the sort of criteria. So there are some kind of requirements for people. So to join this group at the moment, you need to be 21 or years of age or older, you obviously need to do need to be a member of the lgbtiq a plus community in some form or other

At the moment because of the way we've funded you can live in Victoria or New South Wales. So we've got reach into New South Wales and funding for that, which is really, really good and you need to have been buried. The person you lost has to be someone close to you like like a partner or you know, a close relative parent-child sibling type Arrangement and and they their death would have been basically within the last couple of years. So it's

Still relatively recent do the reason for that is that that's kind of what we understand really is where these groups are most effective bringing together people with a similar range of

experience in terms of their grief and bereavement. So we check that, we'd kind of check that off with you in a in the first sort of discussions and then somebody, then we'd invite you to have a zoom call with the three of us with the

3 facilitators, so that you get to meet us. You get to know who we are and like, where we're coming from and we get to meet you. So again it kind of personalizes the experience and we can further discuss any needs that that individual has in order to really benefit from from participation in a group, I'll look it just sounds so well, thought through prepared and, you know, to use a phrase. That's a little gigantic, but there's so much.

Each individual centered care going on there that you know, we want the same outcome for everyone, but everyone will have a different path to get to the end. So you're considering both will say the journey and have the AIM in tandem holding space for both. And as a neurodivergent person, I do love that you've thought through neurodivergent sin, its various forms. And yeah, I think there's a, possibly an advantage in doing it online where people can have, you know, in their home or wherever place there and they can have their own,

Lighting or get a glass of water or caffeine of choice if I need to, at any point. Yeah, is really, really important. So, just look, I mean, you've just well, here you're a counselor, you communicate? Well, but seriously, you know, you've just explained that, you know, the overview and the detail. I really I can say as a radio presenter, it's one of the easiest interviews I've ever had. It's seriously, just such a wonderful initiative, it's fantastic.

It is fantastic about I but I have to say that as well look as a facilitator and having help sort of put this together, you know, when you we meet people and they are so upset, they are soda strings and you can't help but want to help them. And they come on this group and and the beauty of it is that they connect with some others and they really just like they just, they see, they feel so much better.

Because now it, they're not alone, they're not isolated. And some of our groups, some of the group's they carry on meeting afterwards. They just you know, once the eight weeks are up which is a very sad we get to the end of the eight weeks and it's like it's by but no they swap. They swapped you know, contact details and they go and meet for coffee every month or two and like how are you getting on? And I think, you know, in some people, develop real friendships, genuine, friendships out of this just because they've had that

Very special experience of being part of a peer support group. So it is a very powerful offering and yeah, I'm looking. I'm really feel privileged to that the way that people will share their stories

with us and each other, and it really does cut until you actually say it gives you. It gives you so much faith in human nature to see how how

A small group of people can really expose, you know, bond in a very short space of time and hear each other. And they really do. I mean, we have, obviously we try to make as I said, is, you know, a safe environment. So there are kind of rules there, ground rules here group and it we give voice to everyone. We give space to everyone and we don't let people jump in and interrupts and there's no arguments but, you know, we don't have to police that there's no, there's no management of the rules because everybody

Actually, you know, just work together so well that it's quite it is quite magical at times and it is just amazing to see how much better somebody can feel after this. It's worth mentioning. Well, I'll keep talking. I'll keep fully is, is so, I've been talking about a very specific group that we've been running, which runs for eight weeks. And, you know, it's two hours to every every week.

We also have what we call drop in groups. So those are much, they kind of a bit more random so they kind of wipe some months but you whether you turn up to it or not is up to you. So you can register for the drop in groups and that can be better for people who maybe don't have time or unable because of like work commitments or family commitments to attend the same time every week. It may also be for people who don't fully meet all the other criteria that I that I mentioned. So,

So if you're a bit younger or if the person you lost you know doesn't doesn't fit in that two-year sort of with time window, you know it's a it's a safe space, it's the facilitated space but it's still a support spaces and it's got a less, it's less structured. So it can be very valuable and I think a lot of people are finding those really useful groups to. Yeah well look it's you know, a couple of

Things there. I mean I could have just said hashtag Community when you talked about how brings people together and which we need so much still in this day and age for many reasons including lgbtiq a plus. But also I think the the pleasure that you're getting and your colleagues using your skills to run the group and Brett, keep it rolling and keep it. Now, the prep will call if I can use the word a program in a sense, growing must be very

Very sort of content generating for you or content, absolutely word. Yeah. And, and seeing, you know, the impact that it's having on people's lives that, you know, it may be dealt, it takes a little bit of the pain away and those Sal, as I said, sort of earlier, when someone close to us dies by Suicide, there is actually, you know, a risk, our risk of suicide goes up. I don't think we particularly know why and I'm not going to

Speculate on that. But you know, suicide is a very complicated thing. It's our understanding of it in some respects is it is quite detailed and intense, but you know, it's complex, it's a very complex set of circumstances. So you know, we help people make sense of what's happened in their lives. And I think that does actually, you know, they believe they can find ways to reach out and share their experiences, which obviously, we hope

Hope reduces any risk that they may have to Suicide themselves and that's that's so important when we live we live in a community, right? We don't really have all the stats and data about suicide in in the lgbti qa+ community. But we certainly know from the so many you do studies and reports that suicidal ideation attempted suicide and so on. You know, the prevalence is way above

Rest of the population of Australia. You know, we are at significant risk and that's really why we need to firstly address the reality of that. And the fact that there are a lot of people in our community who are grieving and secondly we need to try and find as many ways as possible to make them safe. Yep I look. Absolutely so and acknowledging their also, you know sort of varying degrees of risk within lgbtiq a plus and intersections and

And with that, we need to commit to that. So let's get some Deets as they say. If people want, I mean, you've there's a new group starting in April, but if people have the top of April, yep, if people, which I think is just after Easter ish, if that. Yeah. But if people yeah, yeah. That's funny. Total run. That's a Tuesday. It's Tuesday. The 12th of April is the next one, so if they want to sign up for it, or find out some more

You can phone us or text us on 0437 9, 18 to 39. So that's 0437 2239. 18 to 39 or you could email bereavement. So be redundant at switchboard dot org, dot a. You just as easy go to switchboard dot org, dot a. You website, you'll find all those contact details and everything on there. Or if you, if you could leave

I want to call Rainbow door which you mentioned a bit earlier. Those Sally as sort of support and referral service rainbow doors open. 10 a.m. to 5 p.m. every day and it's 1879 367 and they will advise you and I will take it out and get someone to give you a call or whatever. So yeah, but I sort of definitely pass that information on to as many people as you can. We will probably be recruiting a

Until you know, a couple of weeks before the group starts. So there's definitely space on there at the moment and if it's not, if it doesn't work for you. Like the next group in April, we will have

another group later in the year, for sure. So we're running at least two a year and there's the drop in groups. There's a drop in groups, which, you know, you are welcome to register for and then you can turn our pads and when you you as and when you wish, yeah, we should I think we should just make clear that that phone number is a

Ticular line to get in touch with this group. It's not the general switchboard or Q lifelines just so that that's clear. And what I will do is I think the simplest thing to do is I'll put a hyperlink into the podcast and for the particular page on switchboards website, which will help get people through, or get in touch with me. If you can't find that or something like that, just to get the link. I will certainly some not a qualified Mental Health.

National just to be really clear on that, but it is great. It's amazing that it's a world-first, you've given me the idea that when you, you know, sort of specifically, put out a flyer to call for recruits. I think this I'm going to put it onto a couple of world, sort of lgbti lists that I'm on. I think people in all over the planet would be interested. I think it's, you know, something that we can be very proud of Melbourne. Victoria leader

Why on queer communities? As we sometimes do, if we got it covered I think we have probably think we have. I've just mentioned I send you a link there actually but there's a website called Charlie that charles81 nothing to do with me dot org dot. Are you? So Charlie dot org dot EU is our our sort of suicide bereavement suicide support, sort of website. So there's also

The details on the groups are on the on Charlie as well and you may find other resources on Charlie. That would be will be helpful. So please do also. Look at that one. You'll probably find a link to that on the switchboard website. Excellent. All right. Thank you Sally. Well thank you so much for your time today. Keep up the great work in everything that you switchboard and Q Life do around the country for the health and well-being of our queer communities. And

Hope to catch up with you in person real soon somewhere. Well, enjoy a chill out, have a really great time and, you know, keep up that pan basa during do its Dirty Work. Someone's got to do it, but I'm getting a list of all there's millions of good coffee places in daylesford, and hip belt Springs. I'm sure I'll be fine. You'll be absolutely fine. Don't worry. Okay. Alright, then, thanks very much, grace, catch it for now, by Grace Lee on 3 CR, talking about as said, a sensitive

Difficult and challenging topic. But one that we do need to talk about and that is the world. First lgbtiq, i+ suicide, and bereavement Group, Well, Done to switchboard and all the team there for putting that together and doing it so well, really, really good stuff. All right, let's have some

musics. As I said, we opened up with Kate, Pendlebury a saree ke Pendlebury, Kate's that runner from an doing lead box on Andrew Pendlebury, Great Australian guitarist.

His album from 1992, don't hold back that feeling. Well, the group is probably a chance to let out your feelings and perhaps reach out and in a metaphorical way. Touch, someone hears noise. Works 3. CR 855 am 3 CR Digital 3, CR dot org. Dot EU 3 CR on demand out of the pan with Sally.

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Hi. We are the lumber gels Jill's and we're from Canada. So you're listening to 3 CR 855 am Community radio and we just want to say support your local radio station. Wait! Hey, away we go. Donkey riding donkey riding way. Hey and away. We go riding on a donkey. Okay. How you ride to wherever you need to listen to 3. CR 855 am 3 CR Digital 3, CR dot org dot a you and

3 CR on demand out of the pan with Sally first broadcasting noon through one every Sunday afternoon. Thanks for your company. We just heard from noise Works Touch is the title of the song, If You Reach Out And Touch Somebody. Make sure you always have their consent in any form of touch, even whether it's a hardcore part of maybe from a handshake, but I've had the number of times, I've had people particularly males or those identified as men sort of reaching just think they

Right to kiss me. No, you don't. You ask, please particularly happens with came into. Hmm. And then of course, become a 3. CR subscriber, as you subscriber month, we had a subscriber week in the middle of the month, but it's part of the month and we'd love you to support us. If you're, you know, if you've got the ability to do that and there are rates for people who are part-time workers, unemployed at cetera, we'd love your support. Had a message in front.

Um, Jenny, hello, Jenny up in gadigal, land and says, hi Sally. And I quote to quote Michael Cole. No, that's not what she said. Quote, I think it's significant to mention. We've had the first p.m. to ever attend, Marty, grown of in an official capacity. I thought it might have been Michael

to month. Sorry, I'll start that again. I thought it might have been Malcolm Turnbull and was shocked to learn this fact irrespective of what you think of his politics. It's a historical moment. Great to see so many more diverse groups.

Again. Yeah, look. It's a fair point, Jen. Yes, it is for has finally happened. It's a good step that we've had a sitting p.m. March in Mardi Gras and the New South Wales opposition leader. Chris means they are good things. There's every certainty of that no Malcolm Turnbull didn't match even though Mardi Gras was if not in his electorate, certainly in the electorate next door. However, my I would I'll play devil's advocate here. That's a nice.

Pollock step. But when he was asked last night, while he was marching about policy issues, you just went on about how far we've come know. There's a lot of pressing work to be done. And this is where, perhaps, it's fair to say federal labor. There is Frost feeling a valid feeling of some of frustration that they haven't really talked about lgbtiq, A+ issues. They haven't talked about a national ban on unwanted surgeries on intersects. Infants, haven't talked about trans Health Care, Anthony Albanese Iya raised.

And when he said men can't have babies, no, no blood donation is still discriminator in this country when there's been a large number of countries around the world. Stop doing things on the basis of sexuality, and gender identity, and do it on the basis of safe sex instead and there's plenty of evidence. So, I think that people, you know, we do need to dig below the headlines to some extent. It's also worth noting that New South Wales has by in terms of the nine jurisdictions of

Avant government in this country being eight states and territories and federally the worst laws in relation to lgbti in the country. No coverage for, by intersex and non-binary. And for part of trans binary, the worst birth certificate laws, very complex and surgery oriented, no bands on a sorry, continuing exemptions for religion in relation to education on it goes, and whilst therefore it's good. That Anthony Albanese.

He marches the comment coming back to the comment. I think we do have to look at the other side of the coin. And it was I was I was tossing up whether to add this, I respect that Mardi. Gras brings a lot of fun and joy to people a lot of people's lives. Whether they're part of rainbow communities or whether they are not and maybe allies or Spectators. However, there are criticisms of Mardi Gras on World Pride, I have, for example, heard the allegation that the speakers at

World Pride were very curated rather than being on Merit. And so favoring certain lines and showing their for showing some degree possibly of intolerance from the organizers. There is the debate about commercialization of Mardi Gras. And I'm going to say it again, for me, I have felt very a little triggered and very frustrated that we can't get this debate about Mardi grass, biphobia onto the board and every time we try it seems to get shut down. So I'll keep talking about it.

And I was with dinner with friends last night, and we didn't, even while it would have been implied to have the TV on, in the background. We didn't talk about it, friends from also from a range of diverse backgrounds. So I think that, yeah, gained some up good step, but it's a sing-along Journey begins with a single step. Let's see where the journey goes from here to get us to a point of national. Equality should be pointed out. I came

Track stumbled across an article yesterday which ranked 30 cities around the world that are apparently good on. Lgbt Sydney is 11 and I don't want to turn this into a 19th century. Sydney. Melbourne rivalry but Melbourne is forth because we have better laws, it's very Grassroots. I was a bit Meet The Muse that they said some Kilda was a strong lesbian area, T. They haven't obviously been to darebin. Anyway, there's my thoughts on that.

I bet it is, there's as a site that is Ryan, Judd range of opinions and if they're not hateful they are valid and how we hold space for this and how we keep doing better. I think is is the challenge and as this as touched on during the chat that I had with Grace Lee. Yeah, I have the joy in two weeks time, I'll be broadcasting live from chill out Carnival day.

Up in daylesford combining with my role declaring the interest, as chill out Ambassador or pan basa dirt ran basa, der based order whichever I'm really looking forward to this, get a chance to get up to the country. I'm involved in some various panels discussions and I think it raises raises a good point if we're holding space for each other. I'm sure. You know, it's well, noted that you can't just transplant. What works for lgbtiq, i+, in metro into Regional, but I'm sure there's plenty of things I could learn from

Channel quiz about building community that. I think could help me here in the big smog, you know, declaring an interest that I'm on the lgbtiq. I+ advisory committee in my local area of Manningham, Manningham County little town called bullying in the Smoky Mountains, narwhals, got some undulating Hills and who knows, it could be some ideas, I can take back to Manningham, that could work, Manningham is of, you know, relative in, in terms of Metro is well, spread out, it's unofficial.

Otto is the where the Country meets the city so maybe there's room for two think they're so anyway. In a few weeks I'm going to be doing this as in the words of the Wolverines I'm going to be moving on down the highway 3 CR 855 am 3 CR Digital 3 CR dot org dot IU 3 CR on demand out of the pan with Sally.

Chrome weather and steel-capped boot energy to hit the road. My mind is full of day today. It's time to share the load. I'm tired, I'm exhausted and ready to unwind. I need to feel the wind on my face one more time. My mother she'd the parent has a kick the living down. I'm trying to put some

Distance between me and the span custom paint job, and I'm very shy.

Enemies get away. I'm living to running riding to live, just to keep the blues away. I get high on the feeling of this Legend. Done to me life becomes a threesome, my bike, my baby, and me, I'm in the mood to party and nothing bothers me. I'm feeling like the Maverick. I used to be

3 CR 855 am 3 CR Digital 3, CR dot org dot EU 3 CR on demand out of the pan with Sally first broadcasting noon, through one every Sunday afternoon noon currently Australian eastern, daylight savings time. And we just heard from the Wolverines moving on down. The highway are so I'll be doing that in 10 days to get to daylesford another message from Jenny, quote to put things in perspective that we're able to march and aren't persecuted, like many,

Countries in the world where have been attacks at Pride events or they've been banned, is important to acknowledge. We have many challenges, but talking to many people act parents yesterday, we have come a long way too wide agree with all of that. I think we can all still keep will say aiming for. This is one area where aiming for perfectionism is a good thing. Until, you know, we need to keep aiming for equality for all of us, very quickly. Noticed in today's live, Guardian blog, that no charges

Lydia thought for Mardi, Gras protest, New South Wales, police have confirmed, they will not be charging. Lydia, thought for momentarily, interrupting the parade, she wasn't arrested thought, she said she was proud to have joined the pride in protest flown. In plaid she was protesting New South Wales. Police are taking her in the parade, she removed her from the police said, said that said, the removed from the parade, at the request of organizers, for breaching the terms of her participation. Mmm,

Yeah. Well ironic there that the police have allowed to protest, but the Mardi Gras organizers. Don't allow protests. Mmm. In the words of Mike Moore from Frontline. Anyway, just about what

I get out of here and make way for freedom of species today. They'll be talking with Humane research Australian and the team talking. All thing animals, all things animal advocacy from 1:59. Rotations from 2:58, the Fab team from clearing the air from 3:57, a great lineup, as a part of all of the shows on

3 CR this afternoon and some exciting news for next week. It's the 18th birthday of out of the pan. Now I can't share cake with you. Damn it. I haven't worked out a way to do that over the radio waves, so I'm going to have somebody else. Do you do? When you're at a party? You have live music. I'll be having for the first time in the time. I've done the showed nearly happened a few years ago and then I had to cancel at the last minute. Performing people, live in the studio, a fabulous. Queer artist. Queenie, who I've got

Say a couple of times, really looking forward to that, and just very quickly Jenny's just popped in with an article. Sadly, some kind of huge content note here, transphobic violence, there have been attacks on trans people in Port Melbourne that I did note during the week and I'm not haven't heard anything since it's you know sort of occurred a few days ago it was about happened a week ago and it was

And during the week and unfortunately to trans women physically assaulted which is not good. And now sort of really disappointing that that has happened sending all our healing Vibes to the, to trans women involved and hope that the perpetrator can be found and appropriate action taken. I'll try to follow up a bit more on that during the week for next.

Like, for each any and see if there's been any follow up on it. Also an artic, the article you sent quotes, Austin Fabry Jenkins, who's now convener of the Victorian Pride Lobby, so they'll be probably in the no, I'd better get out of here. Make Way for freedom of species. Thanks again to our guests Grace Lee today. Once again, 1-800 1845 27, if you always ever need to call switchboard and take it out today. With, as I say, I'll be broadcasting in two weeks' time from chill out.

Honorable, here's a track from Broderick Smith's album, songster from the 1990s and it's called The Carney Thanks for tuning in to out of the pan. I'm Sally Goldner, catch you next week.