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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. 3 CR on demand out of the pan with Sally first broadcasting known through one every Sunday afternoon. Thanks for your company. 3 CR, proudly broadcasts from the lands of the Kulin Nations, the overlap of Wurundjeri and Bunnerong peoples, and we pay respect to elders past and present. Hello to any Aboriginal and Torres Strait Islander peoples and First Nations people tuning in from all over the planet and we acknowledge that all the lands on this big island and pretty much all of the surrounding smaller ones were stolen and never ceded. This show is Out of the Pan or show covering pansexual issues. Knowing know about boundaries of sex or gender. I'm Sally Goldner. I use the pronouns she and her, I'm your host for the hour.

And welcome to listeners of all genders including but not limited to ladies and gentlemen and well, well well well well there's lots of ways to get in touch with the show if and we've got an interesting topic today, which I'll tell you about in a minute out of the pan 855 at gmail dot com is if you're if you're into a hashtag old-school Tech, you can email me on that if you want to SMS.

Yes, I think I've caught up to about 2005. Now with the tech 6, 1, 4, 5 6, 7 5 1215, tweet at Sal gold said so and that's the bottom line. Also the same for Mastodon and Instagram and look for posts on Facebook. My page, Sally Goldner AM and out of the pan 3 CR 855 am Melbourne. Remember any opinions you express our that I express on the show you can express them well if you express them in your communication with me.

I'm not nice. They won't be expressed when I say not nice, just don't defame anyone please, but I won't broadcast. Anyway. These opinions of mine my own and you can snail mail. In if you have detailed comments, PO Box 1277 Collingwood 3066 20th century Tech. It's all their possible. General content, note today, Q life, including switchboard in Victoria and Tasmania 1-800 1845 to

27 rainbow door. One eight hundred seven to nine three six seven. But one a topic today that struck me because it's been on what's been on my mind and in my body for certainly the last few months. But certainly all my life and it was struck me about the relationship of queer people to body, exercise and Sport. And I'll get to the point somewhere in the show. I hope I do. Otherwise, what would be the point of the show?

Seriously, you know, queer people. And I think it might be fair to say particularly trans and people of intersex experience, intersects being variation, variation of sex characteristics. Those people who are born with identifiable features that make their sex characteristics differ from medical Norms of male or female. I think that possibly where, you know, possibly this is a show for us. But if you all

On your set, you might be cisgender and or Endo sexy, ndo sex, being sis Latin for on the same side as endosex, your sex characteristics meet fed expectations of society for male or female and if you are that but you have your sexuality was different or perhaps your gender expression. Now certainly for someone of myself assigned, male and 06

You can just declare be clear about that, but who did not fit? What I will call masculine expressions of gender sport at the so-called all boys school, which I attended was not the happiest of experiences. Remember, this was way back in the wacky 1970s with the bad fashion, but the school uniform wasn't that great either. Seriously, that was not my biggest problem by a long shot because

Problem, one of the biggest problems I had, it's cool. Was that first of all sport was compulsory, but there was really not any choice. So for that for us I will these middle-aged, not that it's not that that's anything wrong with that to quote sign felt that. I would say that, you know, the old three-term system of schools meant that the start of the year for started the school year late January early, February was

Up until around Easter. And then it went to Australian rules for the rest of term one. And then all of term to which ran their four runs will say from around April, through to August September and being Melbourne. And Australia was Australian rules. And then there was a short bit of Athletics for about six weeks, long jump, high jump, 400 meters, 800 meters, all the rest. And then there was back to Cricket for the last few weeks of the year was generally the

Rule and sport was compulsory unless you had a physical injury or asthma or something like that, you have to train twice a week. And this was very interesting thing because the, I found out much later after school that the principal in charge of the school at the time, had this big thing about sport, if we win all the sports championships, are he was his thinking that will be great for morale in the school.

And be a great marketing Point look where the winners yes, Trier and Sport, all that sort of thing. It's one teensy-weensy problem. What if you're not good at the sports that are compulsory and all that have largely on offer for most people? Well, no, I wasn't. This is radio and we don't have a webcam that goes live to air in this studio and so you can't see me, but I'm wearing glasses. Why do I wear glasses for close work like reading and screens? Not that we had a lot of those screens at school.

All plenty of them now, of course. So my, the reason I wear glasses is because I have one eye that is stronger than the other. This is the opposite to most people who have one eye weaker than the other and that was a two run east joke. I don't know why it came out and it should go back there. But anyway, I have that situation where my eyes are not equal in sight, which covers both of the Situation's. I just described now, that's let's just dump.

That you know blow-by-blow so to speak not good for batting at Cricket yeah can't even see the damn ball out of the bowl is hand and so I was that kid who is if I got on the team was batting at number 11 I could Bowl reasonable rate. Well enough of these crafty medium paces and most of the time or a spin bowler, that was a bit more strategic and not as reflex to do that. That's all cool. But Now, as I say batting not a happy situation and signed a similar for football, dropping the ball onto the boot in the correct way for a drop punt or whatever, not good. And this led to a lot of negativity in terms of and this is where I will do a Content note verbal bullying. I won't repeat the highly horrendous ableist names. I was called, I don't see any point in repeating them, doesn't add value. And so this

I started this idea that my body didn't work in inverted commas. Well, now that's what I thought at the time as a little kid and then we get to puberty, which was in the course, you know, in a body that was not ideally, what I would want it, was it wrong? No, it just didn't match my holistic

and unique and authentic sense of self, and something else happened as well, as regardless of whether you call it sex, and/or, gender.

Her identity. And that was that somewhere? I do remember this. I don't remember growing up as a little kid. Somehow, one leg sort of ended up being a bit shorter than the other and so that meant running the even became a source of anxiety or even walking. So, for a long time, I didn't exercise at all. So that's sort of the story, the background, first of all, of where my sport physical body, exercise of that. But I'd love to hear about yours how

Of you, if you know, what's been your relationship with sport exercise and body, particularly if you are identified as one or more of lgbtiq A+ communities, love to hear from you. Now, that would be awesome. You know, let's just give you all those contact details. Again, of whatever vintage of tech out of the pan, 855 at gmail.com SMS six, one, four, five, six, seven, five 1215, tweet at Sal gold said, so

And that's the bottom line and post on Facebook. My page, Sally Gardner and out of the pan 3 CR 855 am Melbourne. We opened up the music today with Weird Al Yankovic. I thought that well, that'll that'll get us exercising at that room. Dancing to that track called polka power. A medley from Weird, Al's album, Running With Scissors. And I'm just having a look here. There are so many songs in that medley. It's the biggest Two notes you've ever had on an album. I just cut and they're very it's in very small. Print want to be flagpole sitter Ghetto Superstar. Everybody walking on the sun into Intergalactic tub-thumping, ray of light push semi charred, life section candy, closing time and way Moby polka.

Are there was fourteen songs rolled into four and a half minutes as only Weird Al in his magical way could do. So it's going to be a varied and eclectic mix of music today because we can, it's 3 CR, we get to play what we want. But the other thing that is happening, at the moment in the southern hemisphere, it is the pic Pagan Festival of in bulk. So, I thought I'd play someone for a player track from the we can Pagan goddess herself in my humble opinion and that is Wendy raw go.

Go back to her album from around 2002. The Lotus Eaters here is the track that is called La, La Femme. De La Mer, your on 3. CR 855 am 3 CR Digital 3, CR dot org, dot Tau 3 CR on demand out of the pan with Sally

Published or not has been on air for over 20 years. And in that time it's been hosted by Jan Goldsmith. What just recently over the last seven years, I've been joined by David McLean, will be talking about texts. Discussing words and ideas with local authors, authors from Interstate, or sometimes, even from other.

Countries. You can stream it live or find it on your favorite podcast app. So join us every Thursday at 11:30 on 3 CR Gavin working on Maria. That's right. I'm Gonna Change.

Cheryl and Troy have been married for more than 25 years. They spent 10 of those years living on the streets of Melbourne, addicted to heroin in a groundbreaking collaboration photographer and writer, Ali MC conveys. The couple's compelling narrative in an audio-visual, installation and photographic, audiobook age. Our love story launches at Richmond Library on Wednesday. August 9, at 6:30, p.m. entry is free and all are welcome.

Hr Love Story a project about love, heroin and homelessness on the streets of Melbourne.

I 3 CR support.

That is US 3. CR 855 am 3 CR Digital 3, CR dot org dot a. You 3 CR on demand out of the pan with Sally first broadcasting Moon through one every Sunday afternoon currently Australian Eastern Standard Time. And yes, we're at in bulk today, which is technically the first seeds of spring, which means we're around two months away from daylight savings time. But not there yet still a few crisp and nights and

And mornings. But this is Melbourne. We do climate diversity and 3 CR doing a diverse range of programs. I mentioned a couple of those later in the show and also a diverse range of Music. We opened up with Weird Al Yankovic and then we went to the, we can Pagan works of Wendy rule from the Lotus Eaters and my best flash love them, they'll ML and that took me back to about you right at school. So that was the school story of sport but before

Continue with mine. Hey Jenny. Good to hear from you and Jenny's popped a message in on out of the pan 855 at gmail.com and says, yep, and the sports, you mentioned were very patriarchal in nature, which makes the current popularity of the Matilda's, and female soccer extraordinary. Yeah, there's a few comments you've got here. So I'm going to go through these one by one, Jenny. They're all really important because one of my friends who is

Is well, someone who I would have considered more athletic over his life than the who lives up in Sydney. Said he was in a pub during the week and there was no comment on a FL or rugby league or Cricket. But rather the entire discussion that he overheard at the next table from two blokes was about the Matilda's in the Women's World Cup. And so, yep, I'm totally with that. And I just think it is Sensational that this is happening. And when it come to that,

In terms of the old saying, you can't be what you can't see, visibility is so important. I'm going to come back to that. And so, yeah, I think it is very, very cool. Well, done to the Matilda's and we'll kick goals tomorrow night as they, I think they say in some photo codes of football and your second comment. The racial vilification of the sport was connect of being round, ball, soccer connected or World game connected to migrant groups ridiculed by the mainstream.

Remedial well, that's very true as well. And look there was a lot of talk has born. I said there has a lot of talk. There's been talk over time of now incidents at Australian domestic, soccer games and connect them to culture and race yet. Yeah there's been pretty poor Behavior at AFL games and not and not quite as much. Although the sad horrible things that happened to Adam goodes now which is

He of course, in the ballpark in terms of Aboriginal and Torres Strait Islander you know, suddenly that raised raised the profile of the issue of racism in sport. So yes, soccer not treated fairly at all and we have come a long way as a country. And Jenny says, even if this is Jenny talking quote, even if I'm not sporting myself as a queer person, to see that patriarchal instructor in sports smashed. Yeah, it has moved Jenny and as a so I'm going to

Tease, you and our other listeners with a bit of my story on this. So yeah, we are moving along, which is welcome, but I didn't move along for some time in that after school. Finished way back in 1982, I did one season with the school sort of alumni football team. I didn't really enjoy it. Frankly, I didn't have a lot of time for the coach who I thought,

Had a bit of an ego problem. I'd have been my very diplomatic comment there and I did do the first season and then went to one training season at the start of the second. I just know why am I doing this? Maybe it was the first sign of me beginning to Now, sort of really become more assertive about parts of my life. So that gets us to the start of 1984. And I honestly can't remember. I did play golf for a while. There's one. One day is my next-door.

Your neighbor said, when he turned me, saw me turning up with the car in the clubs. In the booth said, oh, hey, there you've learned how to walk and swear simultaneously and the thing about golf is, yes, it's exercise. You are walking four kilometers and on a lovely course, particularly if you are sort of out of the metro area or away from noise, it's like, wow, no. It's, you know, there is nothing better than a game of golf on a

Nice weather day in Iran. A country course or outer. Suburban course, I used to play up at one in the Hills somewhere and I can't remember which one it was and we're talking to heels, we're talking. What is it hither? And thither, or up hill and down Dale or something like that. So the carbs did get a stretch which was really awesome and that lasted from memory, I can't remember the last time I played around or played 18 holes of golf boom. Tish well there

Bad today must still got too much residual caffeine in here or something, but I think it just faded away in the golfing partner. I used to play with got married or something. Did something. You've got married, what is it? Never knew true, happiness until I was married and then it was too late and other things change. So, stop playing that golf clubs. Moved house. Five times with me before I finally put them out for what how the hard rubbish or someone came and pinch them before the hard rubbish sort of took the

And didn't really play again and then 1995. I was the year, I begin first heard the word transgender at this point, just at the point of affirmation exercise was helpful. A friend of mine, got me into doing circuit classes which at least it was exercise, but I'm not really a synchronized group exercise person. I think that was a hangover from the school staff. I didn't really enjoy it for a lot. I can't remember what the reasons were.

Just not wanting to do. I don't like doing things fast. I like to do it at my own pace, so it's, you know, it's 60 seconds on one machine and then you go to the next one and I felt like maybe I was living someone else's life in a sense and didn't really keep up with it faded away and sure, enough faded away now, look, I can't remember doing a lot of exercise. I did do a couple of sessions with a personal trainer in,

2005. That was so that was through transition and a lot of the coming out type of stuff and affirming my identity and it's though to keep reasonably fit. I did live close to the city for a while in a flattish area. So occasionally I could ride the bike into work from, Hawthorne along the yarra trails, which was kind of nice if it was a reasonable day, or I didn't have too much stuff to carry, which was really cool and Then it sort of that faded away as well. I moved from Hawthorne to Carlton, which was still very close to ride but even easier to walk into where I think I was working, mainly in the city at that time, so not a lot of exercise, but there was still this bad relationship with my body. And exercise, I remember going for a walk, one day when I was living in Hawthorne and just became as an anxiety thing because it brought back those memories of sport. So yeah, I'm not the

Of times when it came to Sport and which now it roughly two-thirds of the way through my life thus far. So what will turn it around well and the relationship with body as well. We're going to

find out in the next segment in the meantime. What if I pulled out this time, I gotta pay a tribute today, and we lost a musician and particularly singer and bass player about 10 days.

Days ago. And that's Randy Meisner. The original bass player from the Eagles who prior to that had been in Poco and well, here's here's a hint, physical exercise reference or physicality reference, this is where we bring in today's wrestling reference and it managed to do it 32 minutes in. That's almost a record. That it took that long. This is what I call the Eagles tribute to Randy Macho, Man. Savage, because it he can.

To the Limit. Yeah, now it's the like great Randy Meisner on lead vocals with the track that he co-wrote called Take It to the Limit 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.

Indeed, it was the late great, Randy, Meisner. Original bass player for the Eagles and the track that made him famous in the end, why he left the Eagles, you had to come out and do that song every night. And he got a bit nervous and all become a bit too much. Fair enough things can make you nervous, 3 CR 855 am 3 CR Digital 3, CR dot org dot a. You 3 CR on demand out of the pan with Sally first broadcasting noon 31, every Sunday afternoon

Thanks for your company. We've had lots of messages in before we get back to the Sporty Spice stuff. Never thought I'd do a one hour show on anything really sporty but there you go. Life is varied. It's been a varied range of music today. Jenny said a quick reminder that that there are some amazing films and documentaries. I'm quick content at the Melbourne International Film Festival. Absolutely. So so make sure you check that out and listen to shows on 3 CR for

Reviews and commentary and interviews. We saw, Jenny says we are in friends or one about a trans story from Spain, very beautiful, and she's off to a film now. Happy Sunday afternoon to you. Jenny, now, over on the SMS line, six, one, four, five, six, seven, 512 1561, probably best to put in front of that. We've had a few messages come in Kayleen has popped in with a couple of messages saying.

Every one of my finger's not thumbs has been broken or dislocated at least once because I got pushed into Ball Sports, that I'm mostly hated at primary school later. I developed an ability at sailing, but sailing clubs, focus on sis people and so she gave the Kayleen gave that up. Yeah, not not good, on the fingers and thumb stuff. I mean you don't want to if you're going to have to do break something you want to do it and doing a sport that you would hopefully be enjoying in the first place and that's not good. Read the sailing clubs I mean I do.

No, it's got better than this. I'm not sure. This sports groups everywhere and sort of more outdoorsy activities. One of my friends on Facebook and colleagues. Amy is at the moment. I'm working on trans people in Motorsports pride, in motorsport for Trans and gender diverse people, which is great to see. So, it's sort of getting now, I wonder if it's in, I hope it's improved cutting, but certainly not denying your experience. Then on a different note, John has messaged

Am I aware of the anti-trans debates in the Senate last week? A particular Senator. I'm not going to publicize its name John because he doesn't deserve. It is on a crusade against trans Community. Well yes there could be a fuse. But I'm unfortunately, at the moment I am aware of this ongoing stuff John and I think you've got a fair topic here. So I'll just do Verge off the sporty Journey for a minute and exercise journey and body Journey for a minute. You know, look, I'm very much aware of them. I think obviously our

These need to be aware, not going to go into the details of what it is. Because this program is the space for Trans people to get our voices and share our experiences and queer people to sort of get that, you know, our say across I mean mainstream media, barely gives us a voice or accurate voice or discusses the issues, we want to. And this was actually I'm going to

I digress a little further. My I will say friend and good colleague. Novo's is in, put this on LinkedIn last week or social media. I think it was generally that they got a message from a journalist at the Australian and begins patronising I'm sure you're not the paper we want to hear from but we wanted to get your comment about the trans debate. Now that's instantly, the proverbial red flag and this is why it's trans. People are wary of me,

Aweary of political debates, and weary of the discourse. And I now 99% rely sworn off the Australian. I had a, some someone do very loaded questions on me. They were saying I was asked recently about the victimization of people, like, more adding a simple who victimize them. The liberal party, not the Liberal Party, didn't victimize, the liberal party at the state level, at least had some guts to stand up to them. So this is the sort of loaded.

Earning that happens and these debates and they've given and I think they're given enough space John. So I think we need to be aware of them but I will say, what do we do about them? We call them out for what they are. We call them out for fun as fo issues. This is what a program like this can do. So I think it's good that you have mentioned these things that needs to happen. Also, what else needs to happen? We need as many sis allies as we can to to, you know be with us.

In the trans and gender diverse communities, you know, and that and also but we know just need people to check in and say, are you okay, we need sis people to talk to other sis people the same way as during the postal survey people told you talked to a couple of family members, make sure we get the yes vote going. We need to make sure that people understand these issues and they're not being sucker-punched by the nonsense, and that's going to be some constant work. So, thanks for those messages once again our SMS.

Line number six, one four, five, six, seven five 1215. Thanks, John and Kayleen. So back to the Sporty Spice story as much as Mike Campbell exercise, I sort of didn't have a good relationship with exercise for some time after 2005 much to my chagrin as a to use a favorite word of a friend of mine. But I did begin to recover a sense of my body because sadly one of the things that I did have was a sense of

Lies transphobia. Particularly there was so much emphasis in the late 1990s on trans women aiming for lower surgery and that was not my aim and never has been really just doesn't not where I am but there was also a sense of internalized Prejudice that sadly existed from some elements within the trans Community as well which was very very unfortunate and in that light it, how did I get that relationship?

Friendship back and I am quite open about the fact that body positivity. And sex workers has been a huge part of my journey to get a relationship, a good connection with my body and sort of. And from there on a sort of begin to say, oh this is the body. I always really wanted just because someone else doesn't think it's the right body in inverted. Commas doesn't mean it isn't for me. And so I began to at least do that. And of course, the other thing that

I'm sexual Bodywork does is it shifts energy out and you can get better energy in and that was sort of my journey with my body throughout the latter part of the 2000s into the 2010. So we're talking from around 40 to 50 and it was very, very helpful and did build my confidence, my ability to connect as well with other people, as well as just being by myself in terms of my body. But I didn't get back to sport for a while.

And exercise. That's been the last five years which I'm going to come back to in the last segment. So yes. That's where we get some good endings as well. We will. Hopefully I can live happily ever after something like that. Anyway, let's have a listen to a track from Dar Williams. Well, I started, I suppose, when society called said, when I was a boy 3 CR 855 am

Er, Digital 3, CR dot org, dot a, you 3 CR and demand. I never was Boy, Society. Just said I had to be and let's have a listen to data.

Hi, I'm Rod cook. One of the presenters of nostalgia and women heard on 3ci every Sunday night between 8:00 p.m. and 11 p.m., did you know that 3 CR relies on the support of our listeners to keep going? We're a not-for-profit community radio licence holder and a strong subscriber base is vital to our financial Independence. We are proudly, community-owned and community control the program. My co-presenter casteljau unlimited?

It plays over 60 songs each Sunday, evening, all from our own private Collections and to keep program. Such as ours going, it's necessary to have plenty of subscribers to help pay the bills so why not become a listener subscriber? Now you can do so by contacting us on our website 3 CR dot org, dot backslash, subscribe or call the Station during office hours on 94, 1983, 007 press one. And you can subscribe over the phone.

How the music goes from 3? CR 855 am 3 CR Digital 3, CR dot org, dot Tau 3 CR on demand out of the pan with Sally first broadcasting known through one every Sunday afternoon. Thanks for your company. We are just about at the end of the show, back to 8 minutes to 1:00 as I speak and we've got shows coming up throughout the afternoon and evening.

You just heard about Nostalgia unlimited, which is on Sunday night, but the next three shows of the next three hours, one, each Meg, and Trevor. In today, for freedom of species, they're talking about the Orca Saga and why they are attacking boats occasionally. So yeah, Whaley, a whale, you interesting show, not quite and I forgot to thank the crew from out of the blue diving deep. For the Marine users, they do every Sunday afternoon.

From 11:30 to noon, I have a funny feeling, it's James from, in your face. Who's looking after rotations today at to playing lots of music and then clearing the air at three a pact afternoon of entertainment and for its the salaam radio show, as well. So, lots of things happening, let's just wrap up this sporty series. Actually, did have one email, one more Jenny got to get out the door to that film, don't

Don't run late on my account but we'll we'll MP will fouls our state of Victoria in labor, a resigned from the Parliamentary party, over allegations of assault and some, not the ball. I saw in the news about the actual assault, it was in a Canberra Hotel. So obviously got some details to check out there but obviously not good. That

But a bit of Adam that any assault has happened, not appropriate at all. And apparently police are investigating that but I'll be a little careful about what we say. But yeah not not good and you know it's just toxic masculinity type of behaviors not helpful either but toxic masculinity. So a link



back to my story of sport and how I found my way back into it. Ironically was through my diversity education work in that transgender

Corey was asked to provide training to staff for the city of Durham and for what became the first trans swimming swimming and Jim night in Melbourne, back in February, 2018. And I thought, well, I know I did the training for this, I'll go along to the night, and I had one, one piece piece of swimming attire and along. I went and just splashed around in the third. I'm going to I'll just start it. I don't even know how it happened. Why it happened? I did a couple of laps and it's like

Like oh here's a form of exercise that works for me, it's not and it's not just what it was doing. It didn't matter that my eyes are of unequal strength because I could see the end of the pool in total. Didn't matter. That one leg was shorter than slightly shorter than the other because I was some horizontal anyway, and I found a form of exercise and I quote my, my dear friend and colleague novo's is in here, an X form of exercise that made me happy and I think Navarro's quote that from novo's first book, fine.

If I was just so powerful and helped turn things around and since then obviously, with interruptions for the lockdowns in 20, 20 and 21, I have been swimming regularly in and now at three swims a week, except for one, except a couple of recent exceptions, which are positive and doing a kilometer, you usually 10 laps of freestyle, and 10 of breaststroke and that's been wonderful for toning, stretching cardio. But also mental health wise

Is that, you know, I get away from screens, get into the pool. It's a very holistic thing and yes, it makes me happy and songs. It's a heated pool, it's really Rain hail or shine and there's something mystical about if it is a cold morning getting there and The Mists coming off the pool, maybe it appeals to my artistic streak. Just finally though, recently, I've added to Jim's sessions a week. Doing some weight training for a secret mission coming soon to a social media channel near you

Mu ha and occasionally. Therefore I'm doing two, three gyms and to swims, or to swims, and three gyms and a little more. So and also do want to say that, I had an amazing scenario earlier this year, where I went on a walking tour of my old school with the vice principal as myself, which shows the times are changing. And I think I'll link that to John's comment about the whack ball Senators. Yes, they're annoying. Yes, it's a terrific. But I also think they're on the losing side John anyway.

A, I'd better get out of here and make way for Megan trip for freedom of species. Keep, if you are listening via podcast or repeat or on-demand pop your comments in about sport, love to hear how you dealt with it. I'll take it out today with Marie Wilson. And I will catch you next week on 3, CR catch you next week and the track from Marie Wilson is next time. Catch you next week.

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