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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 a.m. 3 CR Digital 3 cr.org Au 3cr on demand' out of the pan with Sally first broadcasting noon through 1 every Sunday afternoon. Thanks for your company.

3CR broadcast from the lands of the Kulin Nations the overlap of Wurundjeri and Bunnerong peoples. We pay respects to elders past present and emerging, hello to any Aboriginal and Torres Strait Islander First Nations people listening from all over planet Earth and always was always will be Aboriginal land.

Welcome to Trans Day of Audibility special broadcast Out of the Pan, kicking off, ringing the opening bell. There's the wrestling reference in 5 minutes and 8 seconds into the show, but excitement plus, because it's a special 4-hour broadcast of trans day of audibility where we've got 4 hours of queer programming and huge thanks to Freedom of Species for happily taking the day off.

But we've got the vibe consultant in at 1:00, and 2 or 3. Um Hima the importance of trans elders and 3 to 4 fighting for Trans Liberation with Priya. So a huge 4 hours of trans broadcasting on this important day. I'm Sally Goldner. I use the pronouns she and her and the usual ways something the good things don't change how to get in touch with this show out of the pan 855 atg.com. You can SMS 61456751215. You can tweet Instagram Mastadon and blue sky at sold gold said so and that's the bottom line and look for posts on Facebook my page Sally goldner and out of the pan 3cr 855 mm Melbourne, you can snail mail in. Um, we just won't be able to read it out during the program Australia Post do the best not quite that fast PO Box 1277 Collingwood 3066 any app

Opinions, I express on the program are strictly my own not those of any organization with which I've been associated in the past or presently.

Don't see any content warnings coming up today. But um, we'll give you numbers if something just happens to turn up and well opened up with Eiffel 65 mMove your Body because that seems like a good thing because um speaking from personal experience. I know that um, I haven't always moved my body you will say in a way that could have been the best thing. Um, and that's partially a trans and gender and all that sort of Journey. Um, but it's good to see things are changing and I'm going to be joined in the studio by a guest and on the zooms by 2 guests. Um, let's go around round round the grounds in my best. Uh, Harry bites will sort of voice first, um in the studio welcome Laura D. Thank you very much for having me here today.

And on the zooms, um, I'll go first um to Mitch um, welcome to you.

Nope, we're not hearing things. We can't hear you.

Oh I can hear you.

Oh, okay. Did you hear me? I can hear Sam I can hear you.

But I can't hear Sally. Oh now we've got um, the better technical issues live on radio on Ted off. That's not what we would have wanted.

Um

I can use to you and me.

Oh in 1 room.

This is going to be good. Um, can you hear us Sally? I can hear you?

But you cannot hear me.

No.

Yes, yes.

I can hear you.

Maybe we are.

Oh, oh gosh, you can hear us but we can't hear her. So I'm assuming we're on the radio something you are on the radio. Um

And I'm not sure what going on because I've not had this issue before. Um

And not really sure what to do about it, um live live radio people of all genders. Um,

And um, yeah, I mean on.

Plugged in and we've got a zoom and all that sort of thing, and I'm not really sure why.

You can't hear me?

Um

Um, I'm not really sure um, oh that's but that first my bubble. Um,

Um

Right. What do we do? Um

So you just can't hear what I'm saying?

No, I don't know why that would be um.

Um

All right. I'm going to play a track and see if we can um try doing something. Um, so stand by listeners of all genders, um live radio the fun never stops 3cr 855. Mm 3cr digital 3cr org.au 3cr on demand out of the pan with Sally.

Yeah, yes. Can you now I'm talking about the body.

Okay.

Okay.

3cr 855 mm 3cr digital. Um, we're going to give this another shot. Um and um Mitch and um, Sam on the zooms. Are we coming through loud and clear?

Yep. Yeah, you are we've got it, um reaches for water bottle. Okay, which we should do when we are training always stay high treated, um, blatant segue or just breathe which is a good thing to do body and exercise on um for Trans and gender diverse people. I mean, you know, um acknowledging that we are all of different physical abilities and strengths and all that sort of thing in it. We'll say the ideal is it's good to have some degree of exercise, but we know there are unique challenges for Trans and gender diverse people and each of um, the 3 fabulous guests. I have Laura in the studio Mitch. Um, I might get um, and Sam have all got different perspectives. I'm going to start um random Mitch tell us why um why we thought it would be good to have you on the show to take what's your your you've done a unique perspective which is as helpful as the Practical thing of Doing exercise.

I have so I um, I was really engaged in sport as a kid. But but like most uh, most people really disengaged as a young adult and and so I came back to sport in my early 40s and funnily the sport that I came back to was AFL, uh, never having played it before and I joined a football club about Alexander Falcons in Regional, Victoria.

Uh alongside also doing a masters in photography. And so I was looking for a project to do something creatively with and

Very early on in joining the club. I realized there was a much bigger story than than um, I could have imagined joining a football club and I started documenting that story and it became a feature documentary called equal the contest.

Thank you for that brilliant introduction. I'm going to go to Laura Laura tell us um where you fit into this, um sporting sporting exercising seen. Well, I've um

Work at your community health insurance agent Health, uh unit. Um, and I'm very passionate about fitness and health and mental health together. So, uh with your collaboration of your community health, we started this program called rainbow gym, um, which is for transgender diverse people of all ages.

And it's run every Saturday afternoon free of charge 2 sessions 1 1:00 and 1 at 2:00 at Reservoir Leisure Center.

Sensational I'm going to have to try to get myself down there at some point absolutely didn't quite work out. Um last Saturday damn it. Um, but this is you know, it's such an important thing and I'll introduce Our Guest Sam who um also has another perspective.

I I'm sorry. I'm from Nepal actually.

So, um, I used to be very supportive like back home. Yeah in my teen years time but soon you just like me said you get this.

And um, I'm a bit shy as well like I don't come out easily. I'm very um,

Like I'm like like like inside the closet sort of yeah. Yeah. Yeah, and then um, I found a Laura like I was trying to find Doctor actually and then I found the program instead and then uh, I emailed her like emailed them personally saying that I I want to do it because even my ear is like they had a

Until 25 years or something like that, but I was like more than that. So I just told them like I want to get in. You know, I really need that. That's how I got to meet Laura and the gym.

And it has helped me like physically mentally and it helps my leg like regulate my feelings in a very positive way.

So it has made, uh, like a lot of

Changes in my life. I have gained like confidence and everything.

Through the gym and um, you know, I'm like just

Trying to accept myself for being who I am.

Yeah a lot actually. Well, there's a little bit of much on the studio in the zooms listeners have all genders. Um and look I think you know this because it's just it's so moving to hear this, um that it's more than just, you know, sort of oh, you know, like I'm a bit physically fitter because we you know, we all need these things and sadly we know trans people unfortunately don't um, you know often have that start in life that we need to get the self-esteem and um, and now you've got that and I mean today's actually um, you know, this is an important day for you not just because it's trans day of visibility. Yeah.

Yeah, like I like I got scared as well. Like, you know, I I just was thinking is salai or not because it's like it's a it's really not working for me.

Like yeah. Yeah, but you are here and um on this day you have um, definitely got all your um, trans and allies around you all around the world as we connect. Um via the 3C area wave, so I'm really glad that you're here Sam. I'm I'm just so so glad that things are going um, you know coming in the right direction for you that you know that they're really there is definitely a motion here in the studio on that front. I'm so glad

And thank you and thank you Laura as well. Like she has helped me a lot. Yeah.

Yeah, I needed that. I sort of needed that and I just like it just happened to me. And yeah, so

Yeah, yeah, it's lot to process as well. That's all right. I'll go over to Laura I think and um, you know sort of ask Laura. I mean, you know, Sam's story, you know, which is so heartfelt. But I imagine you probably hear a lot of them and it's about getting people I suppose to take that first step. Um, yeah, you look the initial step is the hardest and look Sam like I appreciate you're very

kind words. Um and look when I first met Sam, he was a very introverted and then it's as you started to talk to each other we started to develop um a friendship I would say as well and became more open with me and I'm really um, thankful that he actually trusted me with a lot of the stuff that he was saying um, and to hear that, you know, it's such made an improvement in his life is um is really as you say, very heartfelt and means a hell of a lot to me and and also to your community health because that's why we run into to try and help provide a a fitness program that is safe and inclusive and something that they can begin a journey.

And then continue on knowing how to use equipment properly not being intimidated by the situation and Sam knows too that if you need you need any help at all. You can always contact me but um, you know, I really appreciate those words and that's why it's been set up. Yeah. No, absolutely. It's um, just it's you know, it is so much more than physical fitness and I'm going to come back to Mitch. I mean tell let's Link in with the story of um of your fabulous. Um, sort of film that you've made embracing the change. Um, and how these sorts of things fit in with that 1 as well.

Sameach story is so familiar for me personally and also a lot of our players at the Alexander Falcons, I think.

Potent particularly for Trans and gender diverse people and for a lot of women to be honest, um the fear of

Getting involved in things that are Physically Active. Um, and the I guess all the messages that we've had our entire lives about what our bodies are capable of they really start to uh, embed themselves quite deeply in our

You know brains and our mindsets and our whole being and and the idea of actually getting out and being active becomes becomes something that feels quite scary to do or or definitely feels like it's not for us.

So the revelations that you have when you do start moving your body and you find communities that are completely embracing and safe and um celebratory of anyone that turns up wherever you're at is just incredible and and totally life-changing so I definitely feel

Uh very deeply everything that sameach was expressing just before and um, yeah, and it's such a joy to watch people come along. So we continue to have more players turn up at the Falcons.

Uh each, uh each year and watching that process as people discover their bodies or ReDiscover their bodies, I should say and um and experience the joy of particularly in what we're doing playing football and being rough and having a physical contact. It's incredible. Yeah. Look, um, I I know I'm going to be a bit little self-indulgent here because I know I'm supposed to be the interviewer but I mean similar Journeys back for me and I've I've got to you know, I've got to think nose is in is 1 person who in their first book Finding envio talked about how you know, we live in a culture that says exercises to tone up or muscle up or lose weight and envio wrote. Why not exercise to be happy and I just think it's that's been where my real journey back to fitness and exercise started 5 years ago with swimming but um, you know bouncing off Mitch's comments. Um, you know, I know I rabbit on about this on the show and probably take up takes up a lot of my social media now but since getting involved,

Actually in professional wrestling and finding a tribe that um the first night I was there 1 of the senior performers said, oh, it doesn't matter who you are as long as you love wrestling and all

that sort of thing. It's just been it has been life turning. Um, maybe I'm going to I'm going to be a bit bold here, maybe even life-saving because I wasn't in a great spot. And um, so I've um, I'm very very much share everyone's sentiments here. This is why I chose this, um topic to talk about on trans day of visibility 3cr trans day of audibility broadcast with Laura Sam and Mitch because it just I think we should put we should put all that passion into trans day of visibility. Yeah.

So, um, that's

Uh, that's why I made the film essentially was to try and capture the joy. So so within the film equal the contest, I don't show any scores. I don't ever talk about who wins or loses its it's purely about showing women gender diverse and trans people on screen in a positive way because so often our stories in films particularly are steeped in trauma. And so I wanted to create a film that was joyous and bold and celebratory.

And um and reminding people they have bodies that they can experience no matter what they are.

Yeah, well this this is exactly right, um, you know sort of that we we we need these stories and we can't you know, you know, we can't sort of uh, what's the word I'm after we can't ignore the pain. We can't sweep it under the rug but we do need as I said the libran here balance and I think that when we put that positivity back out there and it can you know, hopefully lift up our trans siblings who are a bit further behind in whatever aspect of their life then that's a pretty that's that's the real scoreboard victory for sure. Yeah. Um,

Wow, um, you know, so so Sam, you know sort of um, can you go into detail a bit more about your journey with with Lori, you know, so what sort of things did you need to do specifically because 1 of the things that you know happens in in anything we need there's a concept called individual centered care, you know, we all we all want the same outcome which in this case is to get I'm going to say holistically healthier, but everyone every 1 of us will have different Journeys and yeah, you know, just I if you're okay, too, I'd love you to share, you know, the sort of things that happened on your journey what you know, what sort of things worked how how did um it work out for you those sorts of things.

Yeah, um loras is like, um, she's always asking constantly constantly that yeah if I'm like was all right doing this or that she's always asking like what I want to do.

To help my body.

To grow or like every time the interest were at the front and then she helped me with the equipments how to use it and uh position like how to position the equipments and everything cuz I didn't know because I used to go by myself and I used to be very shy to use it like, you know, and then see she taught me like from the basic stuff like from box things. She does like everything from like like a cross feet as well. Yeah, like it's on us like and if you and I try to push harder like and she tries to put you know little um, um, um, let's say, um, like C helps me to go a little further as well.

And then I push harder like and I think I can do it. Like it's all mental and physical. It's like mentally if you are prepared, I think you can do it and she just pushed me and then I pushed myself it's in me. So, uh, yeah, um,

You know, like I kind of like really put in words, but she has helped me with uh doing each and every exercise like how to do it from the start and um,

Yeah.

Yeah, it's just you know getting the right foundations for the the techniques or whatever it is. You're doing yeah. Yeah. Yeah. Yeah, so then it starts to Journey like, you know, then I know what to do.

And see all these are

Like exposed me to the different exercises as well.

Like what's required and

What to like how much you have to push it?

To get there. Yeah with the nutrition as well. Yes, you know. Yeah, and it's very important like I'm not disciplined. I'm like I eat anything doesn't matter but

But yeah.

Yeah, look I want I I might I'll get both of you to talk about um that because I mean there's different forms, you know, even within a gym. There's going to be different forms of exercise and everyone want to find perhaps a favorite. Um is 1 Thing.

Um, so but the other thing you know nutrition is important. I mean, um the uh, I'm just going to throw this in here the coach where I I go who's a um, an experienced wrestler but also now a fitness trainer as well, you know, really puts protein up at the top, um, you know, but that might be only for what we need to do in wrestling. So I mean, um, you know, the general guidelines or the specifics for various forms of sport and exercise that um every that each person needs.

Look p is important for muscle building and muscle repair. Um, but also see a lot of people have don't like using the word diets and nutritional. Um,

Needs to include carbohydrates a lot of people cut out carbohydrates because they think they're fattening if you have good carbs, and then they should be in your diet. And so it should be a balanced diet and protein is very very important and you should have protein, you know on a regular basis. Um, the important thing is I think anyway is some people going on these crash diets or crash things, but they're not going to stick at it. So it's got to be a lifestyle Journey. Um, and I always say to people if there's particular food that you like don't cut it out completely but have a day where you can lay yourself to have that treat whatever it is. So you you haven't got 2 voices in your head going you can't have it but I want you can't have it but I want because the ones I want it will eventually went out nearly too much of it. So for example, if you like ice cream on a Sunday allow yourself to have that ice cream, you know and let yourself enjoy yourself as well. Um, you have a balanced diet, you know nutritional, uh,

Male, but also allow yourself to have that treat.

Because we all you know, we all need that type of thing, but on a general thing just keep it nice and balanced and eating relatively clean. Yeah, I'll just ask you what um, you know, because

you know, not everyone's a nutrition expert I say what what sort of carbs are good carbs or good carbs are things like, um, sweet potato, um rice,

Um, so low low GI so, you know porridge oats things like that rather than some people think that Nutro grains are good, but it's not it's very very high in sugar. But because it's promoted as a health food or a food, you know, you can see all the uh,

Swimmers that on this nutrient it's not a healthy food. But you know things like, uh, wheat mix and porridge oats and to make the increase the protein content that of instead of putting sugar on the on your porridge when you cook it put a bit of protein powder in some milk or water and pour that over it. So you increase your incidentally increasing your protein intake and what what's also having some good carbs that will sustain you for quite a while.

Yeah. No, I'm with I'm with you now. Yeah, um, we I mean we could talk about the commercialization of food. Um, and we'd probably take up the rest of the program and I'm I know to some extent the program that usually follows at 1:00 that has today off, um freedom of species which talks about vegan and vegetarianism would probably touch on that as well. Um, and also a show on 3 how many years ago food fight, um would talk about it as well. So yeah, it is important and I suppose

You know, there's not 8 billion bodies that are all exactly the same. You know, we're all going to be slightly different. Well see some people, you know have a high fats and low so like a Cheeto diet, but it's not going to suit everyone and I know personally that I wouldn't stick to something like that. So it's something you're going to be able to maintain through throughout your life. Not just for 2 weeks or 3 weeks to to crash uh calories down so that you lose weight. Um, it's got to be a lot lifelong.

Commitment and it's got to be something you enjoy eating.

For sure now I want to bring Mitch back into the content, um the context you call the contest so to speak back into the conversation because um Mitch what sort of themes you know of any sort came out in equal the contest you touched on them a little while ago, but I'd love to get more detail about that about people's Journeys holistically in all things whether it's nutrition or teamwork or whatever it is, um that came out in your Fab film.

Themes that came out

At uh government level at the moment around Fair access. So access to resources access to playing times Fields access to umpires.

Um, and then also, you know power and control inclusion.

Uh Legacy was 1 that came through where I ended up meeting a 92 year old woman who had played football in our region, um 72 years ago as the first women's football team. And so she she became part of the film and um, that was incredible and and it was also incredible seeing what she went through in order to play football all that time ago, and that the themes were really similar to what we were experiencing today, you know, at the time the film was being made 2022 and now 2024. We're still going through some of those things.

Um, but also, you know bodily autonomy and and what it is to discover your body.



And have control over how you exercise and what you get involved in. So there was a lot of a lot of those really deep big themes that were coming through and um, yeah, the challenge was to work out how to really explain it's really difficult to explain gender inequality and inclusion to people who've never experienced it and so sometimes what happens is people get defensive or bored or they can't be bothered or they don't think it's a thing and so my real challenge was trying to work out how to express all of these themes in a way that people would be drawn to rather than pushed away from because it's 1 thing to preach to the converted. You know, I can

Share things with with our trans Community gender diverse community and people will get it.

But um for me the bigger.

Bigger thing also was to bring people who have privilege into the conversation and help understand so that they can be our allies as well in that process. Yeah, no look so much in there. I mean, you know, we do need to you know, sort of I call it, you know building get the bridge across so to speak to keep reaching out there and um privilege it's um, you know to use my favorite saying um, um use it for good and not evil purposes Robin to quote BAT pan. Uh, Batman, I think he was but um, you know, I think that when we can get those allies who say, ah, this ain't right we'd better. Do you know do the kind respectful thing? It can make a huge difference. I I just just 1 curiosity question, um lack of access to umpires. I sort of a bit surprised to hear that about that 1 m

Um, what was that? I'm just playing curiosity.

Uh certainly in the women's league. That's not a surprise. Um, we've got

Quite often with AFL there's 6 Sumas on the ground for every game 2 goal umpires 2 field umpires and 2 boundary umpires. Yeah.

And usually bins and boys games they get provided 6 paid umpires. Um, and these are high-level qualified umpires that are paid to turn up to their matches and quite often in the women's game. You're lucky to get 1 paid umpire and sometimes especially in our case while I was making the film. Sometimes they just wouldn't bother allocating any umpires to us. And so what happens

There's there's things that happen in that process and that is when you have to search for volunteer umpires you get um umpires that aren't necessarily qualified and therefore aren't necessarily confident in their calls during the game. Yeah, and that can create the unsafe environments for playing because there's

Players on the field inevitably that need to be reined in and if an Umpire is not confident in their calls those players can get a little out of control.

Um, and so yeah, it becomes a really difficult situation and um, yeah that's certainly happened with us and continues to happen for a lot of women in the AFL space. I'm not sure about soccer or or other games that need umpires. But yeah, that's definitely something that is happening a lot at at the women's level.

Wow, I'm I'm kind of

Stunned that

There it's just something has struck me why you know, I mean in 1 sense it's logical but there's an it's sort of emotional block that you know, women playing sport have just as much a right to an Umpire as men's or anyone. You know, it's like wow. Um, so I'm understandably gobsmacked and you're totally right. I mean, you know, if you're having trouble getting a you know, the field on par in particular is so important, um, you know to not have that, you know, sort of authoritative figure in there. Um, and really make sure that it's a um, well, sorry wrestling analogy good a good clean match, um, you know, um, it's going to cause problems definitely. Um, yeah you do as well as the unsafe aspect to it you do often sometimes end up with some bias. So, um, if volunteer umpires are being called in they're often being called in from the 1 of the team sides and so yeah that can just end up in the situations where it's just not an even playing field. Yeah, and it's not going to be perceived as even so to speak I

Other um, you know, um, come back to Laura. Um, and then I'm going to go over to Sam Laura what have been have there been, you know challenges along the way with rainbow Jim both will say overall and perhaps any stories that you've had where you know, the clients, um have um, you know, there's been challenges individually, whether it's about turning up or for the first time or whatever it is, you know sort of did was there a challenge here and there you know, what what have they been and how you know, how have you, you know tried to move past them look just mentioned. The biggest challenge is actually getting the person there. Um, because there are clearly, you know, uh insecurity and barriers to prevent people from coming. Um, once they get there they're fine and enjoy it and they're going to come along so the biggest the biggest problem that we find it, you know at your community health and getting people is getting the person from point A to point B.

Um, and that's what we put on the set the afternoon because during the week as you know yourself for 4 or 5:00 at night, it's way too busy. So we're trying to take some of the anxiety issues out by putting it on a Saturday afternoon where it's not as busy um, and as I was challenging for people to get there, so if it's after work or so on so we're trying we're trying different things as well such as yoga. Um, we've also we did not therapy class where we had nothing something like 16 people come which was fantastic. So to slowly introduce and get more confidence in you know, in each individual person. That's the hardest part to get them to come along because it's the anxiety issues or something comes up or they're just, you know, don't know what to expect so

We're trying to overcome that through desert offering also yoga as well and that's run by a qualified yoga instructor. Um, so trying different various things to try and overcome.

That like a commitment of coming. Um, that's that's the biggest challenge that we're facing. Yeah. Um, so, you know just sort of um, you know, sort of what sort of things have got there. I mean, you know there is that saying to some extent you, you know, you can lead a horse to water Etc kind of like the horse drink, but what sort of things have got people over the line in the end. I mean, you know does is it you know, someone offering to pick someone else up to make them to the gym so that there there's a buddy system to start with is things like that. There's a couple of people that end up coming along together. There's um look so much. It's some people don't have transport. So there's something we perfect to look at in the future in the future. Um, but the thing is once they are getting there the the coming along I mean, there's 1 person that we had that come from the other side of the city and that's a long way to come just for an hour session and I I was raped that they took the time to come and you know, it's word of mouth as well so that they can tell their friends to come along as well. Um,

So this we we're trying different Avenues to try and overcome that uh, as I said by the introduction of different activities as well because not everyone's just interested in doing gym work. So by introducing yoga or or a boxing class or a cycle class. Um, and I said, uh, we're also going to introduce some dance movement classes soon cool. Um, just in the pipe works that uh, my manager is discussing, um, and hopefully with offering those different activities that more people will come along

Oh look, I think you know I think that's important to find that unique thing that makes you happy. Um, and again, I mean, you know, look, I mean I took me a long time to find that I after not succeeding when I say not succeeding not getting encouragement at Cricket and football way back at what called itself and all boys school. Um, I got it into my head that I wasn't a physical person at all, never found anything. I tried different things but there was underlying anxiety and you know, I you know, I I never thought I'd do the physical in ring stuff in professional wrestling but tried it and it just clicked because it brought all these things about entertainment and well hammy entertainment at that and on the whole thing as well as exercising together. So everyone will find their unique thing and I will be the first to admit not everyone will want to try professional wrestling. Um, and that's only for this wacky person here, but I think it is about finding that thing that works for you and I mean look swimming when it helped me a few

Years ago. Um, I'll just quickly share this story was I had 1 during puberty 1 leg developed a bit shorter than the other and so even running or walking created a sense of anxiety. And um, you know, that's why I didn't even like going for a walk but swimming. Hey, you're horizontal. It doesn't matter and it helped me get um my mojo back by a long way. Um, and then, you know, it's sort of progressed. Um,

You know sort of from there and we've had a message in from 1 of our awesome listeners because um 3cr only has awesome listeners not regular ones kaen. Taichi might be good for older people and maybe kick to kick um says kaen look, which I'm happy and open to all suggestions. And as I said, um,

Ty said that the yoga Wellness type of classes that's what we're looking at something, you know something that you find valuable for each individual person as I said as as Sally was saying about wrestling I mean the gym is my safe place and my happy place but it's not everyone's happy place. So you whatever exercise or what program you participate in make sure it's for you and make sure it's something you enjoy doing or you're not going to stick at it. Absolutely. Yeah, and the thing is once you get going and I'm going to come back to Sam on this 1. Um, it is about persistence and okay, you might miss a day because you're not feeling up to it or maybe you've got paid work and it gets in the way but um, you know, it's sort of um, Sam, you know, how have you managed to bounce back after let's say a day or something not so much at the gym, but we're oh it's not going so well what sort of things have worked for you on that. So you keep you keep pushing along bit by bit.

Yeah, um, you know like uh, whenever I have a gym session with Laura, I just like, um, you know, I just in my head, I'm like I have to go Laura is there, you know, yeah. Yeah like, you know because I work out myself and um, the timing Laura had put like on Saturday like 1:00 p.m. 2 p.m. It works out perfectly for me because the gym is very quiet not so many people and I like it that way. So that's why um, I'm always pushing myself like whenever like you have to go you have to go, you know, it's it's very difficult. Actually I take off some time but I push myself it's just um, I have to do it for myself.

Like you know, how

However, I had gone through a lot of things it just I am like I'm I have to

Feel like that. Uh, I have to be strong. I have to get stronger enough for myself, you know, therefore like yeah I pushed and then I when Laura like when I think oh Laura is there like she helps me a lot. So I just push myself, you know, it's just I think my mental

Thing that uh that I want to get stronger every day and I do get down like so many times. Uh, but I pushed my Boost back again and bounce back so that um, you know, I have to love myself. I have to get there. I don't want anyone to push me down. Like I have been before like, you know bullying and stuff. I I just get scared every time.

And I don't want to be there like I don't want to be in that position at.

First like I don't want anyone to look down on me.

That's uh, how I keep going.

Yeah, so, um, yeah, that's that's how I

Do it.

Yeah, ABS, absolutely Sam. Um, you know, it is about pushing through. It's about turning up and some days, you know, you know, just getting there and turning up and it may not be that you

You know and I know for me some days I don't maybe lift another do another 3 reps or lift another 2 and a half kilos or whatever it is. But even just keeping the momentum going I think is such a good thing it is that mental drive to say a lie. I pushed aside the demon so to speak and so you bang on um with what you saying. Um, I'll come back to Mitch, um, you know, sort of Mitch, um, you know, what's what's it? Like, um, you know sort of seeing the people at Mount Alexander football, uh Falcons, um, Aussie Rules Football Club who thought that they could never um, and and yourself if I can ask that as well, you know sort of um, what's it like for you on the on this front when you when you experience it and when you see these things as well, you're you know, your story is a a person and not just a filmmaker in that sense is is is another part of this.

Yeah, it is.

An you know, it's funny. I when I was making the film I was never supposed to be in it. I thought I was filming I thought I was making a film about the Falcons because I could see everything that was unfolding and all the inequalities that the club was experiencing and I thought this is really important people need to know about this.

I didn't see my own story as being important. I guess it's something that you do often feel. Um, I think a lot of women and gender diverse people feel that their own stories are not important and no 1's going to be interested in them. But then as I was making the film and I attached cameras to my body as I was learning to train and play and it became quite clear that people needed to know who the body was and I really grappled with becoming visible. I had a lot of meltdowns actually about that and was terrified because I was making the film at the start.

Uh of all of the stuff that was going on in America with anti-trans sentiment and I started to feel like this is uh, not safe for me to be visible and also no 1's going to be want to be interested.

But I quickly realized that my story was actually everyone's story. It's a very Universal story everything that I was going through in rediscovering my body.

Were things that all of my teammates around me were also discovering and so we had lots of really beautiful conversations about what it is to grieve the loss of many years of not engaging in sport.

Um, and then also celebrate wherever we were at and you know not being hard on yourself. You know, I'm 44 now and still playing AFL and still very much a beginner.

And so I could be feeling really um down on myself about where I could have been but instead I'm just trying to focus on where I am and what my body is still capable of and making the most of that and that's been a really healing joyous space to be in

Yeah, look again coming in. Same thing. Sometimes I wonder how do I got a been able to keep doing the gym at the school which was the only bit of exercise I liked what I've got on to wrestling earlier, but we can't change the past I and I've recently gone through this do I regret anything do I in inverted commas blame myself? No, then move on. Um, today's what we've got tomorrow. We can at least influence by what we put out today. So same thing and I'm just you know, I'm loving where I'm at now as well. So I share that very very much with you and thanks for sharing that Mitch. I mean, um, and it's you know, it is very awesome that you sort of all lead by example in a way by putting yourself in there. Um, I'm I'm going to dispute that. I didn't get a chance to um to see um, you know sort of to see, um, you know, sort of um, um equal the contest before we came on today. I'm going to have to try and get my little paws on a copy of it somehow and um, we should um, which we'll talk about our fair but um, you've got you've had some awards I think for the film as well.

Oh, we must mention that

Yeah, it's been it's been quite surprising actually to go from feeling like no 1's going to care about this to feeling like the whole world wants to see it. So we've been uh selected now for 8 film festivals 5 in Australia 3 internally, so

Uh, it's screened in the USA, uh in Portugal and it's about to screen in Sweden in a couple of weeks. And um coming up the next Film Festival is jalong Film Festival on the 20th of April, uh,

And it's also available now to stream online. So if you are a cross the streaming bezo you can catch it on fetch Apple TV Google Play bema film or YouTube. Um, so that's been really exciting and we came away with uh, a Gong at the Melbourne queer Film Festival, uh for best first feature documentary film, uh, and I'm currently up for an award at the pride in sport Australia awards for media, um lgbtiq positive media award. Um, that's in I think about 2 weeks. So yeah, it's been really exciting, um, all of the uh, attention and support and encouragement that the film has gotten so far.

Now look well well done on that and you know again in line with trans day of audibility on trans day visibility. I mean, this is what we need getting it out there and a big woohoo to our friends, um down in jalong on I think W around country, um who are having their Film Festival down there. That's all that's a great event, which I was in um on a panel in on a few years ago now,

um, so big shout out to everyone down there and yeah, um, well, I've got Apple TV on all the amazing devices so I better um, um, watch it on there. Um, because yeah, this is what we need. Um, you know, look, it's just incredible. Um, we're here on trans day of audibility with out of the pan and my guests are Laura Des, um, and um Samsung and um, Mitch Nova navalis, I'm talking about. Um, all things to do trans exercise sport Body all that sort of stuff. Um, we can sort of coming toward, you know towards the end of the show and we'll

Have a few announcements that I'll need to make and all that sort of things. So I'm going to go around around the grounds as that in my best. Um, Harry Harry bites or voice, um from years ago, um and start with Laura. What would the Blue Sky look like for rainbow gym and for Trans and gender diverse people re Fitness. What would be the ideal? You know that you would you would you might want to aim for?

Probably the ideal is that you don't have to worry about the diversity aspect of it and everyone's just treated the same in in the gym environment and people don't have that stepping in the back foot before going in and those barriers aren't there from um,

A personal and sort of your community health just so we can offer some more days to to suit, you know different.

Uh days of people couldn't make it on the Saturday. Uh, as I said, we we're bringing in different activities that so that we accommodate, you know, different age groups different likes and so on. So basically just to have a thing keep on on going and people enjoying it socially improving both their physical and mental health. Um, and and just keep it keep it going.

Yeah, I might ask you at this point before I forget if people want to get in touch with um, the rainbow Jim how how do they do that? If they go on to visit ww.you back rainbow gym, um, they will be able to find it there and they can put in a form and I'll get back to them as soon as soon as I receive that form. Okay, I will make sure I put that link, um into the podcast link for today. So thank you very much. Thank you do the hyperlink clicky things on it. Um, I'll go over to Sam. Um, Sam what would um, you know sort of it's not you're not being an individual in this case. But what would um your sort of Blue Sky look like for fitness and Pat, I'll just I'll broaden the question out your own life, you know, what would be the ideal from your perspective?

No people and things they don't need to be constantly defined in order to love.

Unconditionally and uh with the gym and our um, I would really um, like appreciate like if they can love their own body.

And love themselves

And if they're you know, you don't have to think of anything like just be like show up. I think people need to show up.

And uh, like just be there and everything will be fine.

And the gym gym is always there and we will be there like socially we can help like mentally or physically the challenges can be solved like if we are together.

Like walking for it.

So yeah, mhm. We've had a message come in on Twitter actually, um a few minutes ago, um from Jasmine going on explorative conversation nutrition and fitness mean a lot the things to South Asians and confidence is a feeling spaces are not culturally competent. I think so people don't feel like it's about them because it isn't about them or their people my 2 cents now that's a fair call. And you know, we also need to look at um a sort of um cultural inclusion. I I mean, I'm sure I have my blocks and unconscious biases someone who is you know, sort of I I so I say 99% white Anglo-Saxon sort of thing. Um, I'm sure there's probably things I'd miss in that so that's a great Point. Um, Jasmine and something that you know, we always need to keep sort of exploring and pushing Along on.

Um, I'll come back over to Mitch and your question slightly different. I mean, I'll I'll split it in 2 for you Mitch. I mean blue sky for you sort of fitness exercise sporting wise, but also what next for you in terms of film work as well.

Uh, yeah Blue Sky in terms of Fitness. Um, um, just about to run my first marathon. I'm heading down to Hobart next week, uh to do the hope that Marathon so, you know considering a few years ago, I could barely Run 100 meters without feeling like I was going to kill over I feel pretty excited about this next little venture. Um, and then in terms of film, uh, I'm very much still deep in equal the contest as we're getting it out. Um, and probably the next step for for this at the moment is the potential of doing a shorter version. So there's been a lot of requests to go into football clubs.

Uh, but the the length at 77 minutes as a feature is a little bit too long. And so we're looking at how we cut it down to really get those messages and and start those big engaging conversations in footy clubs. So that's kind of yeah, there's some really exciting stuff coming up. Um,

To continue that that I definitely have a couple of ideas for for next films. But um, I'm sitting on them for the moment and giving everything I have to to equal the contest to continue opening up these conversations.

Now look it's just amazing. I mean all these conversations all that. I am hearing, you know that, you know, I sort of um, and this 1 more question. I might come back to Laura. I mean that the joy it must be for you to have all these clients come to Rainbow gym. I mean, well absolutely. It's insane same just um, as I said, some of the things you're saying is just so lovely to hear and it's why we why we uh, put the program together to make a difference in in people's lives. You know, it's it's only impacts 1 2 or 3. It makes that difference it. It's so fantastic in some of the comments I've had from clients, uh is been very uplifting for myself and um,

I know as an organization, we're um pleased with the way it's going and just hopefully continues to grow.

I'm sure it will and I mean this is why I wanted to ask you that I mean all the comments I'm hearing just the uplifting people's lives. Um, you know is just so amazing. Um, the

Enjoy the health the happiness. I mean wow, um, and you know, it's flat floods across into the other parts of life. I'm in such as Mitch making films. I mean this is trans star visibility, um to use the obvious pun to a tea, um, you know, sort of this is what we need this day for and this is why you know, I'm and I'm just from me personally to I mean, it sounds obvious, but I just love to I think all the team here at 3 are who are putting this broadcast together so we can put all the great shows together. I'd better quickly mention. Once again that shows that are coming up in

the next 3 hours on trans day of audibility. Um from 1 till 2. We have um, the vibe consultant with um, Elysium, um for music from some of their favorite Trends and local non-binary artists, which will be some arts and entertainment. We've got high Mar the importance of trans Elders with Kiki Temple, um Kiki from PEX Faro at 2:23. Um, and

And the toy hog and larentia Tauranga communities, which is certainly going to talk culture and then 3 to 4. Um, we we usually have querying there fighting for Trans Liberation with prior. Um, and um the fight for Trans Liberation with interactions with the colonial, um cerial industry and so-called Australia, so, you know a whole range of perspectives on trans day of visibility So, yeah, thank you 3cr just very personally from me as well as just not just as a presenter because this has been a great uplift for me. We're going to have to leave it there people we could have gone on forever.

But we've left I think some energy for people, um all around the world to go on with so, um, but to wrap it up there. Um, Sam Mitch, hang on the zoom line for just a second. Um, but I'll say thank you on are now. Um, just wonderful to have you and let's all stay in touch Mitch.

Thanks so much for having us.

Sam

Thank you. Thank you so much for having me and for giving me this platform to speak up. Thank you. Oh look, you're you're really really welcome. Um Sam, um, it's a pleasure and this is what 3cr is also here for we we are here to give voices to people who um, don't often have the chance to speak up and you know also build people's capacity to speak up in in a safe way. So you have now have the skill of having done a radio interview. So you'll be I'm sure you'll be speaking up more you go. Um you go for it man. Um good person and Laura in the studio. Thank you for what you're doing. And yeah, I'll get I'll get down to you on Saturday afternoon. I'd love to see it for myself and I'll give a bit of a thank you to my fabulous colleagues at Relentless gym and Relentless School of pro wrestling who have turned this flabby spice into a reasonably tricky spice. We'll take it out today. I picked this 1 from way back in my musical collection from Glenn 1 of Glenn Frey. Um, the Lakeland fry who was of course in the Eagles but 1 of his solo albums soul searching which kind of fits and I'll play a bit of a track called living right which is a good thing to do fitness exercise and trans. Once again, thanks to my guests Mitch sameach and Laura. Thanks for tuning in to out of the pan on trans day of audibility for our special broadcast. I'm Sally Goldner. Catch you next week.

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