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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 au and 3 CR on demand. Out of the pan with Sally first broadcasting noon through one every Sunday afternoon; thanks for your company. 3 CR broadcasts proudly from the lands of the Kulin Nations the overlap of Wurundjeri and Bunnerong peoples and we pay respects to elders past present and emerging, hello to any Aboriginal and Torres Strait Islander people First Nations people tuning in from wherever you are and we acknowledge that all the lands were stolen and never ceded; always was always will be Aboriginal land.

I'm Sally Goldner, I'm your host for Out of the Pan and a special wonderful interview today that I have recorded for you. I'm not he live just for once the magic of radio, I happen to be in two places at once. But right now you're hearing go to hear an amazing interview with an amazing human being Malaika Mfalme with whom I had the pleasure to chat a couple of week ago.

So if you want to comment in won't get them live today, but you can do it, of course through all the usual means of communication out of the pan 855 at gmail.com., SMS 6 1 4 5 6 7 5 1215 tweet Mastodon, Instagram and Bluesky at salgoldsaidso - and that's the bottom line - and look for posts on Facebook Out of the Pan 3 CR 855 AM Melbourne and my page Sally Goldner AM; Remember also you can snail mail PO Box 1277 Collingwood 3066.

Remember any opinions expressed on the show on my own not those of any organization with which I've been associated in the past or in the present. General content night today because it just is an amazing intense conversation may bring something up Q life including switchboard in Victoria and Tasmania on 1800184527. So I'm just leave it there and let's go to the first part of my wonderful discussion with the wonderful Malaika Mfalme

It is my pleasure to Welcome to the 3 CR studios here on call and lands the wonderful Malaika. Um, filename Malaika, welcome to the first time in person into the 3 CR Studio. Thank you so much. It's so wonderful to be here. Last time we did. This was over a zoom. I think well, it was yes, you are back in those two years that no one wants to talk about it anymore. Yeah, which we well we don't think about talking about them because obviously

They have their very we will be because they're very much a part of your journey, which is led to this amazing album Yasmin in a way, but there's so much to talk about first of all, let's just sort of set the scene. Not what yeah, we're how would you let's get the overview picture your life up until about say around 2019. Let's get a few details on that because I think that is so important for you as the artist the

Person and in relation to this album, so true. Well, I was raised kind of all over the world for I was born in London then Canberra Kenya Sydney South Africa Singapore and then I just settled in Sydney about six years ago. And when I settled in Sydney, I was like, wow, I'm gay and broke up with my boyfriend and started doing lesbianism and then a few years after that. I met a beautiful.

For women her name is Yasmin and we became partners and very very serious Partners. We just moved in together for about two weeks when she kind of suddenly and very tragically passed away and I wrote a whole album about it. But you know before that I've been a musician from a very young age. I kind of started singing when I was like five inquire.

Wires and things in South Africa and I started playing guitar when I was like 13. I really wanted to be like Tracy Chapman and started know. I didn't really yeah started Rising writing music. I don't know why I didn't figure out I was a lesbian earlier and so I started songwriting and Performing those songs when I was about 14 and then when I finished high school at 18, I just went directly into the music industry in Singapore actually and started, you know, working and getting

Gigs and stuff but yo the industry in Singapore, obviously, it's very different but it's very like cover-based. They don't really want you to have originality. They want you to be able to sing a dull like Adele sings it with her accent. Do you know what I mean? Gosh, that's a few layers away from authenticity. So true bestie. Yeah, so it was actually it was really rough and I was I was really sad at that time because I was creating all of this stuff that nobody wanted to hear hmm. I like playing in bars that you

You know like cover gigs for you know, a few hundred dollars and like I'm losing my soul. Hmm. And so I quit that and I moved to Sydney and I started doing like kind of started again in the music industry he there which was a lot more welcoming though intimidating. That was a lot of work for me there and I just was able to grow a lot develop a lot really work on my songwriting my singing my guitar all of that. I mean covid actually really helped me with all of those.

This as well. Yeah. Well just you know, there was a time period covid you can case everyone has forgotten but I wanted to just there were three words that sort of pricked my ears up a bit welcoming but intimidating to can you wanted to tell us a bit more about what was the ups and downs there? Yeah, absolutely found that the music industry. It's like everywhere. It's really tight-knit. It's clicky. There's a whole bunch of spheres that you can kind of get go at it from

And so I started out trying to be like in the like folk Indie music scene and you know, all those cats are just like I'm so cool too cool for school kind of thing. And I just know didn't really feel like I could fit in in that sense. And you know, I hadn't developed as much musically so I could understand like the gatekeeping nature I suppose so I actually started my music career more in activism. I was playing a rallies and protests and things because a lot of my work at the time was a very very political

And that was a really really welcoming and lovely space because people were speaking at these rallies really passionately and then I would be performing my music very passionately you're receiving this like incredible energy that you have at a rally or a protest like everybody's just Jazz solutely. And so I started getting a lot more work through that side of things especially from queer people being like have you heard this like queer Tanzanian?

Alien artist they just got here. They're quite good. Let's like put them on at the townie or you know, all of these kinds of other things. So that's where I found the really welcoming side of the music industry through just like queer people supporting each other and supporting each other's arts and putting it on stage doing it together real Community Vibe. Yeah. So now that I have kind of grown to a point where I believe that other people are like do my music worthy I see

Those I'm finding that that there's no longer really a huge amount of gatekeeping is within the like folk in Diesel Industry. People are just like wow, I've never heard of you before. Where have you been this whole time? I don't know. I've been doing this for like 10 years. Yeah how ironic you know, you kept out and you're just trying to you know, and this is I think so important that you were trying to be your

Your authentic self as a person and as a musician and they're going we were of your being. Yeah, hang on. I've been banging on your door doesn't answer. Let me in. Yeah, so they were sort of as a say in that, you know, BC before covert. But you know, as you said there was this, you know, absolutely, you know, the whole covid thing I think for so many people. Yes, there was the big picture the lockdown

In the working from home and trying to get used to zoom and all the rest of it. And you know for How many pairs of tracky Dax can you buy and although it seems if I can be a little dry human one of the things that I think we've forgotten about is that whatever every individual went through once we had a zoom account. Now home office worked out was there's still some semblance of regular life that we're trying to create and those individual stories got buried underneath the mess lockdowns and

Nothing else and you certainly have a story in there that you just hinted at and so it's you know, you know, it's a imagine at the time it was an incredibly difficult thing to go through but, you know tell us if what you want to tell us about about it and I like yeah, it was it was insane. My my partner Yasmin she moved in to we moved in together into Irish are housed in Glebe and

Two weeks later she kind of very sadly passed away and that was in October 2019. So then we kind of had a little tiny Mardi Gras and then everything shut down. So it was very much this like

There was so much community and family and people came from all over and we had a big house. There's 20 30 people coming and staying over and bringing food and there was just like a real sense of community and and you know sharing that grief the load kind of together and then you know, the normal thing starts happening people start going back to work people start going back to UNI and then everything just shut down and there was this like deep deep isolation. We're all kind of

Dealing with our grief really separately because there was kind of no feasible way for us to do it together anymore course. Yeah, but that being said I was very actually really grateful for the government section healing time because it was getting you knows what it was at February like in 2020. Yeah that I was running out of my savings. I needed to start working again. I needed to pay my bills.

And do all of these things that you have to do when you're an adult and I was in no way exactly I was in no way shape or form ready or able to do any of that. I was a shell of myself. I could hardly get like get up to take a shower a little own go bartend or play music. So I was actually really I feel a bit lucky and kind of blessed that the pandemic happened when it did so that I could just sit at home and grieve.

And just feel it as deeply and as as much as I needed to in order to move through it, and I don't know if I would have survived if I had to push myself to go to work or to do like normal capitalism things when my heart was so deeply broken. Yeah. Yeah well

3 CR 855 am 3 CR Digital 3 CR dot org dot a un 3 CR on demand out of the pan with Sally and having a chat today had a wonderful conversation with Malaika on file may let's go on to part two of that conversation right now. Well, look very very true. There's it's two threads of conversation that have come out of this. I mean, it is such a tough thing when we're at when we're creative types in a cap.

Well as hierarchical patriarchal, what is it Curie our core system that doesn't really support creativity and or doesn't value at the way way it needs to be and I suppose I'm going to get one. I'll clear up the Curiosity thread what when you have to do the proverbial day job. What did you what do you find manageable? I'm just curious about how that works because I'm sure lots of creatives are probably in the same position. I absolutely right and it's yeah, it's look I used to bartend.

And manage my music career at the same time, but it was very much. I was bartending a lot and did music what I can when I wasn't exhausted. Hmm. And then after 2020 I was like I cannot serve people anymore. I cannot fake a smile. I cannot hear your Visage of me. I can't do it. I'm broken. And so I started my own business teaching music, uh-huh, which has been going very well, but as you can imagine cost of

Living crisis all of these kinds of things. The last thing that people are the first thing that people kind of get rid of is my guitar teacher. It's like, yeah, it's don't really need that. So no up keeping with students can be really complicated and I'm not super amazing at admin. So I've been teaching another music schools. I also do a lot of event production. I run this event called quiz of joy, and I, you know get hired to do a few other events here and there.

I've done a little bit of acting as well. That's that's money. There's money there that you are completely disposable as an actor like yeah as a musician, you do feel like a slab of meat, but wow acting is so much worse. It's just like we can count five more of you who have the same accent who have the same face who will do this for less money and wanted more but you know when you can't when I can an ad here there it's pretty decent money.

And gigs all the time. That's mostly that's like my main Commercial Avenue, but everything else is just it is kind of like it's kind of like treading water all the time when you're a creative and also trying to make a living and live under capitalism is this like it's kind of like, oh, I don't know if everything's going to be okay this month, but I think if you get used to the Perpetual level of anxiety and can still sleep through it, then you're doing fine.

Well, there's a good segue back to the other thread that came out earlier, you know, which we which is the gist of your album and your creativity and the grief and we'll say lowered mental and emotional functioning that you're experiencing from late 2019 on and that is the death of your partner Yasmin. So I mean, you know in what ways did you deal with that managed to deal with that grief in any form of dealing with it?

Nothing, nothing good, you know at First Love lots of booze. Yeah. Lots of weed. Can I say that? Yeah, because again, um, and honestly the friends friendships family people just coming over and just spending time with me, even though I didn't really want to see anyone or have we spoken to just having people be around and having conversations around me was nice. Yes watching copious amounts of Television just like really

Smooth brain not thinking about anything just watching TV and then my mental health deeply declined during the pandemic all of this healing that I was doing and doing it alone was hard.

Yeah, and so I thought well it's hard work. It's hard work. So I hit of a point that was kind of quite bad. And so I checked myself into hospital and I did an inpatient situation for about three weeks.

Weeks and by the time I'd gotten out of there, I think I just I'd learned what I needed to and that was that in order to survive. I had to change some of my circumstance and I needed to blame myself less and to move through my life as with as much compassion for myself as I could.

And with that actually came my transition because I realized when I was in hospital that one of those things that was like making me feel like living life was impossible was that I wasn't really out to anyone but my friends and my like siblings and I kind of couldn't live like that anymore. Yeah. I think I like when I was with the asthma and I was like, it's fine. You know, it's just this thing that you and I know about and some of our friends and like

Ever people misgendering who cares then it you know, it became very grating when you're living with that kind of grief as well as as well as feeling new and different things about your body. A lot of things could just start to feel very intolerable and I that it started to really wear like bear down on me, so I decided to do something about it. So I ended up getting Top surgery at the in 2022 and of 2022.

And that was like planning that thinking about that was also something that was helping me get through. It was like, you know, I'm going to be so excited and be able to do sports or go for a run or wear clothes. I don't know bare minimum. Yep, feel better in my body. And yeah, those were a few things that kind of helped me through but I reckon it was it was that time in hospital where I really just sat down with myself and said, hey like we got to get through this how we going to make

Leg and you faced it. Yeah, which is amazing and I mean particularly, you know with you know, it's we all I like what I say. We all I think every listen to this show which focuses so much on busting the binaries knows how hard it is for any transgender diverse non-binary person to be themselves and get on that road. But to do it of court to go through that level of soul-searching during 20 20 and 21 and then on top of the grief that you were facing. I mean that's wow that's walking through need to know thigh deep mud. No is it was seriously hectic. I wouldn't I wouldn't do it again. No. Yeah, no definitely not but now the thing that other thing that helped you through of course, which is what brings you in here. Is this amazing album that you put out which helped deal with things and I'm presuming here's a big word.

Katha facades Petra capacitor sighs what you were having to process on so many levels when you know sort of how did it all tell us what now get us through the process of that as well, please that's absolutely right. Yeah Hospital time surgery and there's album when I started writing it. I don't think I realized what I was writing was an album. I was just writing music about this grief.

Really the first song on the album that I wrote was imagined and I wrote it because I was I heard somebody walking up the stairs to my room and I just assumed I was like, oh yasmin's home and then I you know, I remembered and that grief really hit me but I was struck by this idea of somebody like walking up the stairs and then and you just assuming that it's like the person that you want to see the most in the world. Yep. And so I wrote

Song Imagine long name imagine if you were here for and for all of us who grieve which is everybody to move through that pain with a little bit of guidance little bit of healing little bit of understanding which I don't think we have enough of hehehe. Yep. Yeah. And so then I started

riding a couple of other songs all in this same tuning that I was very fascinated by and around song for I was like, I think

Think I've got something here. I think this is an album. And when I decided to actually make it a project I was like, okay, I want to write some stuff. That's not just about this really horrifying grief, but also about the other things that got me through like nature. So I wrote this song called mother about an Ode to Mother Nature and I wrote this song called younger that is about giving love and compassion to your younger self and these songs help to round out the album and also round out my experience.

Really remind myself that it was an old bad that there are some other really beautiful things that I was experiencing while also experiencing really terrible grief and so once I kind of written maybe nine or eight of these songs, I realized that I wanted to call this album Yasmin and so I wrote the law song in the album Yasmin for her and I recorded it with a bunch of our friends who she was an opera singer. So all of our friends are musicians,

Additions and so singing that together singing her name and Harmony was also this beautiful cathartic moment. I think for all of us where we like felt her in the studio with us.

I see. Yeah. Yeah. Yeah, I think what was feeling it at the moment as well and

3 CR 855 am 3 CR Digital 3. CR dot org dot Tau 3 CR on demand out of the pan with Sally special conversation today and hearing the music from the album Yasmin with the wonderful Malaika on file may let's go on now to the third part of our conversation. I mean, but it would it would help release and that togetherness that you've course you wouldn't have been able to have enough of in 20 and 20 and 21.

So it probably was a very it gave will say a greater degree of as much as possible of closure on on it and interesting, you know sort of how amazing that it came out as the last song that you wrote. Yeah. Yeah. It was like she was waiting for me, you know to get there and then I kind of had this Epiphany and we were able to connect again on this really deep and personal level or I was able to write about her.

And I think the most exciting part of the album for me is that there are hundreds now thousands of people who have said her name talking about this album who never knew who she was and I think it's really beautiful when somebody who passes so young can be permeated in a way in a way that she didn't get to leave her Mark I get to do that for her, I guess. Yeah, but that's guiding that is just incredibly beautiful.

Violin in so many ways Malaika. I mean, you know, I'm talking here with my like, umm file may about their album Yasmin and it's just yeah, I'm I'm honestly struggling for Words myself and I can I just you know, it's the someone who writes a bit I can sort of imagine what what happened, but of course your experience is your experience and it must have been

You're incredibly sort of challenging. I mean but more about let's say, you know, let's link to together. So you've put together some amazingly powerful album, but we also talked earlier about, you know, Finding Your authentic musical self how you know, did you know I think it's I'm proud I don't want to pre guess you but I'm guessing obviously the to have forged together those two things. Yeah, but so

If they haven't tell me either but by all means tell me tell me about that and how it what you know how that happened how it felt for you because that that just it must have after all the grief given a sense of power to ya know. That's absolutely right. That's right. I think I'd also been in the industry being mentored by people who were essentially trying to beat out this unique style of writing that I have that is very much.

Urged by and from my history in East and South African choral singing where there's a lot of use of repetition and: response that was something that my ancestors and many other people's ancestors used to move through horrifying things like the slave trade and apartheid. Mmm people would use call and response saying hopeful things and messages singing and group Harmony and people would feel deeply connected during incredible.

Ship and so I think about that a lot. Especially that's how I started my music Journey and when I was in covid I had a few years before I'd bought this looping station and I was like, I'm never gonna have the time to figure out how to use this but then it was covid-19 down and I just started programming it figuring out how to get the timing right every single time playing that song over and over and over again. And so I use that influence the colon response influence within the Loop Station, which is

Thing that so many people said you can't use a loop Station live. Everybody's sick of hearing Ed Sheeran look-alikes all of the, you know, all of this like quote advice. That's actually inherently terrible that I ended up creating this this voice. That wasn't just my own it was it was my ancestors as well as like harmonizing with with myself and creating my own choir was something that felt incredibly

Awful to do and especially while singing about things that are of such deep importance because I believe that for the listener if you hear a lyric wants twice three times four times every time you hear it you hear something different in it the lyric changes for you the lyric morphs and changes every time you hear it and by that we're kind of garnering new selves just in a span of like 3 minutes and

That was something that I've always kind of been intrigued by but you know people in the industry would be like God's to repetitive and all of these kinds of things but I write as you said, I really found my power by being isolated and not having any of those other voices. No one was listening to my music except for like me and like a few of my friends my sister, you know, and they were just like, I don't know sounds good. It's an interesting thing. Sometimes we have to retreat before we can go forward again.

You know and sort of find Solitude and that Solitude and then head out into the world again. Yeah things have to lie fallow if we want to keep the analogies going before we can regrow so true and it just sounds like that so much for you that you have found that and look I'm going to say something when I was listening to music. I'm going to have to with shame plead guilty to something. I was going. Oh what genre is this? And then I thought I can't classify it. Yes. It's a fantastic.

And I just there's just something you know, I mean any form of art creativity is what's there's a saying about paintings you I don't know. I don't know what I like. What is it Mike what it is there something I don't know what I like what I like, but I know it when I see it something like that. Yeah, I don't know much about art, but I know the art I love or something like that. Yeah, and there's something about your whole approach that you can't classify it that it is unique.

Meek and then reading more about you know, how you will not do Western Colonial scale structures and all the rest of it. And that's like whoa, then it is really individual and unique and authentic and it just it really resonated with me and it is just it is just incredibly beautiful in terms of the music the lyrics the vocal style. It's you and good and my his today's Sprout running injector.

Listeners today's professional wrestling reference good goddess a mighty in my best commentary voice. We need more authenticity in this funny world today more than we ever did and I think that's where it just adds so much Beauty in that power incredible. Thank you. Thank you. I appreciate that because yeah, a lot of people industry people will kind of say that you need to fit a mold and I'm very

Very happy that I chose not to do that and I was always kind of fighting against it, especially when I was living in Singapore. There are like doo-doo pop music and I was like no good and you know people would say that I'm being stubborn and that, you know, if I want to make it that I have to do certain things, but I'm really happy that I just followed my heart and soul and just did what felt right thinking.

I should spare, you know, when being all my pain and grief or should I tell you bits of me careful. Should I be discreet? Should I tell you more than I normally would love her I can confide in should I just tell you my whole stupid?

My heart leap, I Don't Wanna Hurt You.

Is Rusted and I don't want to use you like the other drugs I do is make my heart leap. I don't want to hurt you.

When you kiss me when you touch me, I feel maybe it's possible. Maybe maybe this hope.

When I'm with you, I feel relieved 3 CR 855 am 3 CR Digital 3. CR dot org dot EU 3 CR on demand out of the pan with Sally. Let's now have the conclusion to my conversation with Malaika all farm a yeah apps.

Lately, so and now you are in that sort of it's that nice place both as well as a person as an artist where it's sort of like you're floating on clouds, but you could feel like you could lift it lift a metric ton or something and wait at the same time. It's that amazing feeling of power. You know, how does it how does it feel now? Both in itself is the first question I asked how does that feel now?

I think I feel relief. I feel really I feel deeply deeply Overjoyed that I didn't go against myself and there was something in my gut that was telling me that I was doing it my way for a reason and to to not like full flat on my face and you know have that realization thrown back in my face would be that would've been really sad and really just hot

King but to instead haven't rewarded and to have people say wow, I've never really heard music like this before or to not be able to classify it into a genre or to talk about its individuality or it's healing practice which is essentially what the entire album is about. I wanted to create something that would help people heal and to hear that people are gaining that from it and and I got to do it authentically is it's just a deep.

Jin a sigh of relief I guess is how I would quantify it. No, that's that's very fair and what you sort of said lady let into what was going to be the second part of my question. Now when you look



back at those difficult times, how are you able to look at those now with a certainly not an affirming what you went through? How can you look at? How do you how are you able to look at them those times now?

Honestly, I try not to think about it too often. Yeah, but when I do, I feel really again glad that I could move through the pain the way that I needed to at the time. I feel really glad that I grew up with music as my coping mechanism and then it became my career so that when something really awful happened I know exactly what to do and it just so happened that it happens that

It bursts something really wonderful.

I also just want to like give 2019 me a hug and just be like it's going to be okay little guy and just be feel really grateful to myself and my friends and family who were very Vigilant about making sure that I made it through so that I could sit here and talk about it and and feel okay. Yeah.

Friends reaching out and digging deep within ourselves. And you know now the past is will save settled as a past ever can be we none of us have a time machine. We can't sort of look into the future and go there as with all great respect to Christopher Lloyd and Michael J fox and the DeLorean but you know sort of will say, what's the proverbial Blue Sky. What what's the future like for Malika? Um, follow what?

What would you like it to involve on all aspects music and otherwise will musically I really just want to keep creating this year. I'm going to release another single and the year after that. I have an EP planned live performance wise. I would love to just be getting more and bigger gigs. I was playing the show the other night at this like a little bar in Sydney and somebody was watching came up to me and was like, what are you doing here? Like you're so much better than this.

Something I don't know. Do you do so did the music industry? Yeah, we all start somewhere exactly. Exactly. And so I would love to be getting like bigger gigs opening act gigs or something that I've been looking at a lot smaller festivals and stuff. That's at that kind of feels. It feels like the ACT is kind of there. I just want to meet the people that make that happen, you know finding a booking agent or a manager or you know, just being able to make connections.

Make that kind of stuff happen. But those are those are the those are the things that I really want musically and in my life. I don't know. I think it'd be nice to find love but I'm really I'm really focusing on myself this year and I want to make sure that I'm that I'm doing doing what I want for myself. I was I like Fair.

We recently going through a breakup and as you know sad and terrible as breakups are I'm super glad that she's alive and yeah, you know that we can still talk. Yes, and that yeah something that I really wanted to do is is give more to myself and give more to my community. I want to be really present for my friends and for my family and I want to be really present for what I want to know.

Eat and just like actually think about that like what do I actually really want to do in this life for myself? How can I feel at peace when I'm alone? How can I enjoy and create hobbies that I like? I realized that I don't have any hobbies. All I do is play music and you know, just you know, it's my job now. So I've been trying to do little things like get into photography and crafting and capoeira and exercise and all of these things that you know,

Supposedly create a well-rounded Human Experience. Yeah. Well, look, we these Fair Point that we do need things. You know, I'm a living so I know about balance I get that and you know, it's nice to have a passion but you know, as you saw I think having balance and well-roundedness is so so important but I think the thing is dr. Sally here on this side of the panel says, I think you're in a very solid.

Foundational around to keep building on that balance because of what you went through and how you dealt with it and how you're dealing with it now and there is

A peaceful yet powerful energy that comes out sitting in this studio with you, which is just which I have to say. I'm soaking it in that's so beautiful and it just is well, some people don't like this word, but I'm going to say it's inspiring and I think it's a great word. I think it's a great word and I think that you know, what you bring is great and thing that came to mind is in terms of getting more gigs and getting out there. I mean,

Although your sydney-based. We need to have you back down here in Melbourne at some point particularly during the mid summer season. Absolutely. I would love it and you know, I come to Melbourne all the time and I do gigs here, you know fairly fairly often and I'm really I'm looking to expand to more Interstate work as well. Like it would be great to be working here a little bit in Perth little bit in camera, you know, whoever I'll have me I'll just I'll just be there and play music well said,

It's good. I mean, of course, you know each there's so many there's Pride festivals for starters. Of course in always has been in each of these will say h largest cities in Australia, but of course there's Regional ones as well. So I'm sure we can get you get you more you more exposure in the nicest possible way and more people out there. So you won't have those people saying what are you doing here in are we capable coming always so glad you're here where you are today? Uh,

Which will be really really amazing. Look I think we've covered so much more just anything else that we haven't covered that you can think of off the top of your hand. No, I've nothing to say. Well there's one thing that is to say and that is where two people find out more about you and your music which sort of channels and all that sort of social media platforms and all that sort of thing. Yes.

Of course plugging myself the thing. I always forget to do on Spotify my name and apple music title. Whatever your streaming services. My name is Malik mm film a.m. EST La Ika space MFA. Lme and my Instagram is Malaika Angel King. My name means my like mm fall my means Angel King. Yeah in so Healy and you can find me on Instagram. That's where I post all of my gigs and my happenings.

And my silly little life. Well, it's silly is good. As far as I'm concerned because you're too serious. Mike's Jack of whatever spelling adult human with whatever gender. Hey look. All I can say is it's been an absolute joy to have this conversation like a wishing you every happiness and success in everything and thanks for dropping by 2 3 CR on call and land to share your story with us.

And your music. Thank you Sally. It's been such a pleasure. Can't wait to be back.

There it is the conclusion to my conversation with my like a little farm and follow me. What a beautiful Soulful person. I had a good time. You probably picked up we were probably both

close to tears at some points. I have to say personally. It's just one of the reasons I love presenting Community radio. I hope you enjoyed that and found strength in it as much as I did. There. It is for this week. I will be back live with you next week in The 3 CR luxury Studios. Take it out today with some more music from Malaika. I'm Sally Goldner. Thanks for tuning in to out of the pan catcher next week. There. It is the conclusion to my conversation with my like a little farm and follow me. What a beautiful Soulful person. I had a good time. You probably picked up. We were probably both close to tears at some points. I have to say personally. It's just one of the reasons I love presenting.

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