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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 3 CR on demand out of the pan with Sally first broadcasting known through one every Sunday afternoon. Thanks for your company.

3 CR broadcasts from the lands of the Kulin Nations and we pay respect to elders past present and emerging. Hello to any Aboriginal Torres, Strait Islander First Nations people tuning in, from whichever land, you are on and always was, always will be Aboriginal land.

I'm Sally Goldner. I use the pronouns she and her and I am your host for an hour of out of the pan a show covering as I like to say pansexual issues knowing no, boundaries of sex, gender, or genre. And we opened up today with I'll call that slow rock from appropriately and I'll tell you why in a second from Jade Starr and Dread Circus, gender optimized 2.0 and that was the title track.

And we have lots of ways to get in touch with out of the pan through both modern and a more traditional means of technology you can do so on Out of the Pan 855 at gmail.com you can SMS 61456751215 you can contact me at salgoldsaidso and that's the bottom line on Twitter. Mastodon, bluesky, and Instagram and look for posts on Facebook. My page, Sally Goldner AM and Out of the Pan 3 CR 855 am Melbourne and any opinions expressed on the show are my own. The traditional means is to post, I've got to stop calling it snail mail, it can be just as efficient in its way. P.O. Box 1277 Collingwood 3066.

Thanks Tessa from out of the blue diving deep for marine news as the crew does every Sunday morning from 11:30 till noon. Lots of informative marine news and out of the blue, preceded by Earth Matters from 11:00 till 11:30.

We played gender optimized 2.0, because, yes, there are challenges in trans and gender, diverse non-binary lives and trans. Plus, if you like, there's also things to be feel good about. And I was delighted to find out a couple of weeks ago, that fab team of people from Swinburne University have developed a gender euphoria scale and goodness knows, we'll take all we can get and on the line to talk about it from Swinburne with me is Dr. Simone Buswell Simone, welcome to 3 CR.

Hello Sally is thank you for inviting me on an absolute pleasure.

Can I just ask first of all, if it's okay to ask which pronouns you use, if any are you see and hear and also just checking in with which Aboriginal lets you may be on as well so I'm on the run dry lands of the kulin nation as well. Yeah pretty similar to us here at 3 CR at the Y called the oh overlap of contested lands of Wurundjeri and Bunnerong and wherever we are going, hello to all our Aboriginal Torres Strait Islander First Nations listeners.

As I said, I was delighted to hear about agenda, Euphoria scale, I just don't think. As I say, we can have enough gender euphoria. And I suppose, the thing to ask is, what kind where did the idea for this sun come up? And now would be the first thing. Did it just come out of nowhere? Was it a strong coffee? One day? Or was it something else?

Thank you for asking, Sally. I have to say that this was my PhD student. Charlotte Blacklock. It was her idea that she came to me with. That's what she wanted to explore for her thesis, this concept of gender Euphoria. And it fit very well with me. As most of my research has been looking at sexuality and positive sexual attributes. So it was in the same realm. So I was very happy to explore this concept that had been mentioned a lot by people.

In the trans and gender diverse Community, but it hadn't been explored. It was a concept that hadn't been defined clearly or measured and as psychologists, Charlotte Mi. We hope to promote positive aspects in people. But if we don't know what they actually are, it's hard to promote them. Good thinking, this is good to see because sometimes I'll say health what, what is good

I'm going to need broadly use the term health and medicine can focus on - well the words that get used in the negatives or deficits in those sorts of things and again, reasonable. But now it's also sometimes we need to know what's going to give people positive Health, including mental health, and those sorts of things. So it's really good that you know, this is come up and now sort of great great work to boost trans people in.

If it's, if there are trans and gender diverse people involved in creating this, that's great. And if it's cisgender people, then that's great. Allyship, which is cool too. So where did it go from there? You you mentioned, Charlotte, you then had to put a team of people together, I presume. Yes, we were very lucky to be working with Ken Pang from The Royal Children's Hospital and gender service. Yeah. And it up Institute as well, who can is a pediatrician. So it was helpful to get his knowledge of the area, as well. But Charlotte and I both being cisgendered people. We needed to have input from. Lots of people would understand the concept much more than, of course that we would. So, we worked a lot with trans researchers and a trans group that would help inform us and explain what the concept.

It was and what it meant to them and we had a whole range of people that would actually give us lots of different ideas and from different cohorts, within the trans community.

Which is, you know, which is, you know, sort of really, really good. And I mean, it's sometimes, you know, it's also important to get a say, a range of Trent intersectionalities with trans and gender diverse. So did you manage you met? You managed to get things like, you know, in no particular order age, Aboriginal and Torres. Strait Islander First Nations, people Multicultural in people involved as well.

As much as we could we measure to get some Aboriginal and Torres Strait, Islander trans people a bit of range in age. They were all 16 years and above we are working with that age, cohort to look at it in a younger cohort would be a future project as well. Yes, we tried and we got people who are new idea first, as well.

Well, I mean yeah we tried as much as we could. Of course, we've been to always try heart. No, try and get more groups involved. The first stage and it will be helpful then to see then if it

works in other groups as well. Yeah, well he wasn't. We don't want any feedback to see the something we've missed out on. Well, that's for sure. I mean, you know, I don't, I don't know if any research project can for lack of a better word, get a perfect representative sample of its population.

Short of and particularly for group like trans people who faced various aspects of marginalization, such as not feeling comfortable to be put to use the truth. Well, the more commonly known word out for lack of a better one, all that sort of thing. And sometimes, people are weary all those sorts of things. But the thing is from the diversity that you got with, I'm curious. Now, were there any sort of similarities and differences amongst the

Intersectionalities that sort of began to that maybe stood out. Yeah they'll that's a really interesting question. I think it's reflected in them. The scale that we developed we did lots of our special statistics things and we psychologists like to do and the things that we and the sort of scales that we came up with sort of not expressing this very clearly. I'm so sorry. The aspects of the same to be important across all groups.

That is that looking at the areas that promote gender Euphoria? It's about internally just seeing yourself in the way that you want to be represented, but also getting that reflected by others and we found that it augments, not surprising all humans want their self to be acknowledged and recognized by other people. So one of the things that we found across all all the different cohorts that we looked at is the importance of having other people.

Seeing the person's desired and true self. So that's what we found was consistent across all the just the need to be affirmed by others and also I thought something else we found. Really interesting that was reflected in one of our subscales was the need to be part of a trans Community hands and didn't diverse community. So yeah. So how important Community was

To the participants was really strongly represented.

Cole. And that's yeah, that's really, that's really important that oh, I mean, that's really sorry. It's interesting and important that people really felt that need to be part of a community. Yeah, like that. I mean, these are, well, there's a separate feature research topic in itself. If it hasn't been, you know, sort of delved into specifically already because, yeah, you know, I'll be sleeping your way it will as humans. Generally, we all crave some degree of and

Need some degree of connection and when we can get it to like-minded people, this is a good thing. So now that's really really important. So you develop the scale you consulted, as widely with transgender diverse non-binary, similar people as much as cool as possible. Where did it go from there?

I'll in that special academic way that we have. So we then worked on the lots and lots of different items that could then form a scale and did lots of special things to get that to our final scale. Yeah. Because this measure hadn't been created before, we could now use it to explore what things can promote gender Euphoria in terms of others. So it could actually be used in a clinical sense.

Save treatments then are beneficial rather than focusing. As you mentioned, at the very start Sally, much of the health area is focused on gender dysphoria and all the negative aspects,

but also positive to see how we can enhance the positive aspects for people. Because then this way, Health researchers can look at what will be beneficial to the people that we're working with nothing, that's really important to look at that positive side as well. All look absolutely. I mean

I think, you know, again, it's as a as a liberal, I love the word balance and we do need to balance these things. And I think that when unfortunately trans people face the various range of mental health, stuff because of the Discrimination directly indirectly. Subtly bluntly that we Face. There's a folk tendency to focus on the negatives, but I think it might, you know, it's sort of reasonably logical in a sense that we need positive.

I'm to counterbalance it and then maybe we can calm down or settle down and maybe reduce some of the trauma. Uproot. You know, if possible I'll say gently uprooted and get it out of our system, which is hard work, for sure. But you've got to have a strong base to do it from. So I think it's really, really important and that leads to the the the question, what things did you find were beneficial are beneficial for Tran

I'm just going to say trans plus people.

Well that's what we need to be using the scale for now that we've created it. So now we can explore these things. That further to see what is beneficial. So now we're going to have a look to see whether medical affirmation, soffer, social Reformation, what sort of factors then are beneficial for Trans plus people but I don't want to underplay the negative things that can happen, but it's also just good just as you were saying, yeah, I don't.

Negate that. And that that help is needed in those domains as well. But now we can explore to see whether if we focus on some positive aspects than that, my negate the negatives as well or do we need to focus on boat and I'm sure we probably need to Breakers on both separately. But now that we have the scale, we can actually measure things and that's how we actually get funding to put into place programs and things to assist people. Yep. So let's then dive into

Some detail on the scale, what sort of things come up in it that you know, sort of the sort of things that we're looking at suppose is the is the gist of it all? Yeah. Yeah. So we try to get the scale to make it. We start off with many many, many items and and worked with hundreds of trans plus people. And we got it down to 26 items in the end to make it more usable for people and we

Try to make sure that the items were as clear for people as possible. So it was applicable for people at various levels, education levels, and all those sorts of things. And as I was saying, so, we're finding that

Yes, with the subscales as hopefully I'm not using too much technical language. Yeah.

That's good. Sometimes I forget being the academic, do I make sure I have my language, that's clear for all. So there's there's a very important aspect about how people feel within themselves and how they also about how they view themselves physically. So, looking into the mirror, seems to be a really strong

Factor that impacted the participants. And so, that's a really helpful thing for clinicians to know. Going, that's something they wouldn't just be doing at home to seek to promote themselves and how their feelings and that's be a beneficial thing that could be recommended. So, that's that self-affirmation about how when you're viewing your face and body. And then also, as I was saying before the being socially offended by others and that

And then also lead to things, we could do sort of education programs for people generally just to be kinder to others and recognize people and then just as we were saying the community aspect as well. So the need to sort of promote the people that can actually get together and celebrate each other. Well that's the thing. You've got the person themselves connection to similar

Then the broader community and allyship of stender people and so this is now it's just it flashes out, you know basics of human life for a particular group which sounds like a really good thing to me and 26 items. It's sort of, I don't know, for some reason, my thought is there is there one for every letter of the alphabet? Or is there one for every Fortnight of the year? I don't know why my brain went there and I'm still not sure. But yeah, it's okay.

Yeah, it's sort of something so they'll pain to that, over the next few days. But I think it's some these good that there are all these things that can help and be positives because, yeah, we definitely need them. And I just want to acknowledge my the listeners who have messaged in on various things that are going on in the broader Community, which I'll get to perhaps in the second part of the show. So the scale is out there. Now, it's publicly just clarifying. It's publicly available.

It is an article that's published. So it is publicly available of people look at the journal or they can email or they can sort of Google it and it should come up and that is accessible that way. Or if I email myself I can send it out to them as well. I'm available via swinburne University, cool or what as well as night is available but looking at where kind of workouts now some instructions and how people could use it individually we're still working out.

How that could actually work, we need to do that in consultation with the community about how it might be useful for individual people. We will look at it as more of a research tool to start with because that's our yeah tendency. But now it's looking about how we can apply it to individual individuals as well. I must say that suggestion did come from an email that I received from someone in the trans community and that was such a brilliant suggestion. So we're

The word cap now have that could be yeah, how that can work. Well, yeah, look, it's a great example of community working in partnership with allies who have let's say, a particular technical skill that can boost its, you know, it's just the perfect sort of community an ally partnership which is always what the trans Community asks for needs and it's great when it happens. So, in a sense this this whole exercise

Sighs is an exercise in boosting gender Euphoria, which is a. I love how you put that Sally. I mean that's exactly how I would have seen it as well. So you just articulated that beautifully. Yeah so yeah look I can't think that I almost think that's almost like a great night to finish the ChatOn but I just want to make sure there's anything else that you wanted to cover because yeah, just I've gone a bit tingly. Yeah.

To use a phrase from a 1940s television show of, come over all Queer. But in a nice way, seriously. Yeah, it was sort of, you know, what other thing you know, is there anything else? I think we've got the gist of it, but I just want to check some own if there's anything else you want to cover on it. I just wanted to say we're still open to lots of feedback. This is such a New Concept that's been recognized and measured so we're very open to feedback on it. If anyone wants to provide any

And we're just so excited to see how this could be used in a positive way to yeah, to benefit the community and endured and I think it's just helpful than people can understand. I mean, these are factors, that would help everyone. I mean, everyone wants to be recognized and acknowledged and just to see that this is important thing for All Humans. I think is a great thing again. Brilliant, well, your turn for the brilliantly. Put their, yeah, it's just, it's so much what we need.

It is very, very, you know, sort of important that we have these things. So incredibly, incredibly welcome. Yeah. Look, I will put the link to the journal and a link to yourself into the podcast that goes up for this show, which I think will ensure that we can get it out there. And that course gets promoted on

She'll media but people of course, can always contact me or you. As you said or yourself to find out more about it, all I can say is keep it going and keep up this sort of well Liber and balanced research that, you know, sort of looks at everything we need to look at. I think it's just really, really welcome. And once again congratulations to yourself to Charlotte for the initiative and your entire team have developed at at swinburne Simone. I just think these are the things there that we

Need, you know, in to create that sort of balance and groundedness the trends plus people need

I guess I'd want to sell it. It's really helpful for us. Thank you. Pull, I've had a chat with the awesome Dr. Simone buswell from Swinburne University about the gender euphoria scale. Something that I think we can't get enough of and I'm just going to see if there's any messages that sort of are relevant for our guests, but I don't think there are, so someone thanks so much for your time and have a good Sunday.

Soon enjoy. Thank you, Sally.

I'm from Swinburne University about the gender Euphoria scale. Let's have some music and then I'll get to the various messages. They've come in from our awesome listeners. Remembering of course, out of the pan as part of 3 CR doesn't have regular listeners, we have awesome listeners; in the meantime, given that it is lesbian awareness week this week and lesbian visible awareness day yesterday. The 26th of April as it is every year. I think I'd what any excuse to dig out this track not that you really need one but that's a really good excuse from Jill Sobule. I Kissed a Girl 3 CR 855 AM 3 CR Digital 3 CR dot org dot EU 3 CR and demand out of the pan with Sally.

Jamie came over and told me by Fred is such a hairy Behemoth. She said dumb as a box of hammers, but he's such a handsome guy and I opened up. And I told her about Larry, and

yesterday, I, we asked me to marry not, not giving them amount. So yet, I think it can do better. So,

Have you heard of long Covid? If you or someone you know, have had covid-19, you may still experience symptoms weeks or months later. There are many symptoms of lung coded but the most frequent are extreme tiredness, shortness of breath and muscle, aches. And joint, pains anyone can experience lunk Ovid including children. You can find information in your language on the health translations website, Health translations, don't vic dot-gov I've got a you just type uncovered as a keyboard, a 3, CR supporter

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3 CR 855 am 3 CR Digital 3, CR dot org dot. I used 3 CR on demand out of the pan with Sally first broadcasting noon through one. Well, every Sunday afternoon, maybe not every tell you why because we've got a big week coming up with a live broadcast this week on 3 CR and on Thursday, the first of May and then next Sunday, the fourth of May, there's two special ones coming up because every year on May day three.

3cr joins communities from around the globe in celebrating the achievements of the labor movement and showing solidarity with the struggle for workplace rights and fair working conditions for everyone. So there's two special broadcasts relating to made a on the day, Thursday, the first of May and a live outside broadcast next week, so I will not be in which is not the most relevant point and neither will freedom of species we get to sleep in or something or go to wrestling events as is our want.

34 minutes and seven seconds for those on the ethical betting pool. Today is to win. The wrestling reference came up. So yep, two broadcasts, 12:30 a.m. to 7:00 p.m. all of next Thursday, on International workers day. Thursday shows, you know, and love and one-off specials from programmers and comrades across the weekly grid, and then 12 noon until 2:00 p.m. next weekend from the 3 CH 3 CR Marquee. It's going to be intense. I didn't say that at the annual festivities outs out the front of the trade, to Lynne Curtin corner, like, on and Victoria Parade Trade union program, team speeches and sounds from the annual event presented by the Melbourne, made a committee. So, the day after polling day, yes. I'm, I'll have to give you all the electric election news the week. After, although we'll have a, I've got a guest planned for that. John from Greek and Gay will be in on the 14th in.

No, sorry haven't seen two weeks time so I'll come back to the election. And thing real things related, they're in as well. So you can check out for more information for the full share schedule or schedule. If you like on 3 CR dot org dot, are you forward slash made a 2025 and happy May Day to everyone? It's yep, won't be a next week but that'll be a great broadcast to keep the ears. The earbuds into all the phones are phones.

If you couldn't get your earbuds to pair, like happened to me this morning, the first world problems anyway, so that will be a great broadcast. Good luck to all those involved in those

broadcasts on Thursday and next and next Sunday. Now, let's get to the content from our fabulous, awesome listeners Jenny emailed in earlier this morning and I haven't had a chance to look at this in detail.

And the symbolism by burning and Australian flag confused at the meaning of this act yesterday with promoting rights now community. So I'm presuming, I haven't been able to verify from maybe reports whether it was the who burnt it. And the context is that there was a so-called let women speak type of rally in the Melbourne, Central area yesterday with the numbers were outnumbered by pro pro trans people and I believe it by

From what Jenny's saying, it is the pro trans people who are burning this trance. Like I don't understand that at all to be honest. You know, I just, I can't see the linkage. I can't see the help in that and I think we've got to be a little more, you know, it's a little more strategic in some of our protests and how we do it. I know that it's hard to organize things, and people are top, burnt out, and anxious, and all those sorts of stuff.

That you know I'm just I have been left wondering in the last month or so exactly what we're trying to achieve. I mean, we're I suppose we're all trying to achieve in plain language. Equality, Justice, Equity fairness Fortran, you know or fairness for Trans people and for all sorts of people just wondering about the methods whether they're going to achieve them. And I don't really see what burning a flag is by anyone. And if it was Pro trans people,

Oh well, look, colonialism has obviously damaged people in many ways damage the environment along with capital industrialization capitalism, Etc. But I just, I have to sign with you there Jenny. I don't quite see the point. Now I've had as always roving reporter is roving everywhere for news and sent me an article about how the some of the last people to view last people to say goodbye to Pope. Francis often. Sorry.

Well with people who included trans prisoners in the poor, and I think this was you know, there's been a lot of debate about Pope Francis, you know, it's a mixed effort. He tried to bring the Catholic Church to be more Progressive and less disrespectful to people, try to find ways around it, and he seemed to have the communication skills to do it. And his final wishes included, allowing, poor and marginalized people to be the last to pay their respects, including poor homeless, prisoners, migrants and Transat Mary major Basilica, and each person was given a single white rose. So he sort of tried to ease off the rhetoric, which is a start, and I mean it would be real. I think that when you do, I look like I would be ideal, of course, if Orthodox religions, you know, sort of Knocked back, knock my fellow away.

From some of these views that they've expressed or bet. I'm not sure of the exact word recanted them do, you know, rebutted them? Those sorts of things but they probably never will. But now just ease off on them. Stop promoting are taking those steps is a good start. Although, of course, there needs to be more and it's a long way to go a long way to come but he did do some good things but of course he was

More positive on gay and lesbian than he was on trans. But certainly well, thought there the other thing of course it's, you know, look, it's impossible not to mention the what I thought were the horrific scenes at the Anzac Day, Dawn service with people protesting welcome of country. I am I just think that that's not the time or the place to do that. Not that there's any time or place.

But I just think that given this, you know, that people are trying to remember the ones that fell, it's about remembering those people who made that sacrifice often at the behest of people who didn't care and were fighting for power structures and that makes it kind of even more important that we honor those Grassroots people rather than, you know, sort of upsetting them in any way. And I just I think that was really appalling and I

Surprised that anyone could possibly try to justify it, probably people trying to sensationalize themselves. Roving reporter has also come in with the following comment. Quote, I'm not religious, but watching the Pope's funeral. I saw many people who despite their extreme differences of politics and ideology trying to come together, including Trump and Zelinski. Why can't we do that in Australia? Where extreme groups, disrupt public events and that includes

The protest yesterday with the police. I see the Boganization of our society. Here, we are much better than this in a sophisticated City year organization. Yeah, sort of being, well, I'm not sure of a appropriate word, sort of having our intelligence push down. Having intelligence ridicule that sort of thing.

You know, is it just I think that is part of it? And, you know, I think that when we lack Nuance on so many things, we've got problems. Rovings also said that Jenny is right, not a fan of that gesture either. Yeah, I look if I if someone can explain to me why we would burn a flag then fine but I'm not for me, but I just I'm not

Seeing what it achieves for anyone of any ideology understanding that as I said, colonization is horrific thing but I'm just not sure what it's going to achieve to do it anyway. Yeah, the sort of I'm trying to my better, get the words out as much as I like them dumbing down because I think that's an ableist term if there's a. I just think, you know, sort of the the drowning of nuance in our society has been appalling on Friday morning. And I admit that I just had slept through this call because I was having a sleep in given that it was, the public holiday. I missed a call, from a producer of a commercial radio station who obviously thought it was a small slow slow, and slow News. Public holiday in was trying to beat up on the issue of Transport. So, I'm glad I had to sleep in, but there there's an issue where there's lack of nuance. I mean, I still have not worked out how there's a problem with trans women playing cis women in pool, darts or chest,

Where's the strength stamina and physique issue in that? And so there is this, you know, sort of tendency to sort of push down nuance and careful debate because that's intelligent and thoughtful and shows. Kindness to use the word of Our Guest Simone earlier on and where we lack. Some culture says, roving the welcome to country as a cultural practice and totally

Gray with that, you know it's just in the way this the welcome to Country. Acknowledgement of country have been you know sort of turned into this thing. Oh why do we were whoo-hoo? All we acknowledging to whose country. Well, this was originally Aboriginal land and we need to remember that rather than shove it down. And the idea that people were saying some of the things that I heard in relation to that Friday, protests were poor. And yet the pope was the son of migrants himself so he used a wooden funeral box. And yeah, the question that I suppose keeps coming up is how do we get it back? I suppose, I take the view that the best sometimes one of the best things we can do is just put our own happiness out there. I think is a really

good thing to do. Put our own positivity out there even if it's not directly countering the sort of things that we disagree with maybe that's cheesy. But I think it can help boost us individually and collectively in different ways. Let's see, let's get some music or running tossing, a to which songs to play because there's so many good ones that I had planned for the day, and I'm not going to get time to play them all. Let's have for now, have a listen to Geri Halliwell, and let's get G A Y as we're celebrating all sorts of gay and trans Euphoria lesbian visibility week. Well many of those bins refer to themselves as gay women so let's get a bit giiy with Geri Halliwell 3. CR 855 am 3 CR Digital 3, CR dot org dot U 3 CR on demand out of the pan with Sally

As we are human. So we are created. Creativity is inherent within us. All creating a firm's more than consuming no creative Pursuit is gender bound. The transgender diverse and non-binary culture is valid critical vital and vibrant the mainstream culture, relies on our culture, not vice versa, the trans creatives, Global Corporation presents, the trans create a radio, a cacophony of trans love community and trans create a radio is a community radio show whose principal interests our creativity, cultural hyper-awareness extreme social assertiveness, minimal apologetics and sheer ostentatious fortnightly on Friday, from 9 to 10, a.m. welcome to trans Creator radio on 3 CR. You're listening to 3, CR 855 am the voice of the community.

Thanks. Hivale students exactly right that 3 CR 855 am 3 CR Digital 3, CR dot org Dot 3 CR on demand out of the pan with Sally. And we're coming up to around nine minutes to 1:00 which means in 9 minutes. If you're listening live, you can hear freedom of species. Hit your Airwaves and the freedom of species radio team. Today have a show lined up which is going to cover a topic of a Dylan Fernando giving tips that Animal Advocates can use based on the come from a book. Getting things done the art of stress-free. Productivity by David Allen? That sounds like a good thing stress-free productivity. Yeah I'll take it and it's just in terms of allyship roving's popped in a couple of posts. The last of a star Pedro Pascal called j.k. Rowling's and social posts heinous. I would agree with that, you know, I'm not going to describe the posts in detail that work celebratory of the UK Court decision, which I just find ludicrous. And there's a great clip that I saw this morning where I think it's the a very high-ranking, UK labor, cabinet minister is being interviewed and says, okay transmen people, you know? And unfortunately, the interviews have to with biologically female who appear as men, they got they're going to go in the women's toilets. They just didn't have a response which I think shows the absurdity of that. UK decision also media, trying to beat up on it this week. But to his credit in all fairness, Peter Dutton did not get caught into the beat up this time, which is good to see that, at least they're trying to avoid the beat up, although some positive allyship would be welcome. Also David Tennant,

Being trans people and critical of the views as opposed to the person of JK Rowling tenant. Looking at talked, about the times in the 1980s of the Thatcher government section. 28, a few other points, as I get to the end of the show. Of course, the election is coming up next week, not for me to comment. And, of course, under electoral broadcasting guidelines on how to vote on, who to vote for. But the thing that I always say, and I think this is more critical now than ever. This C is, please be careful with your preferences in both houses. Don't really look at the, how to vote cards of parties and if you don't like them, just do your own, I call it the five minutes per year investment. It really takes about 15 minutes to Think Through Your, how to vote cards the Reps. Obviously usually easier, my had eight candidates, that's not that hard to work out how you want to put them in your order of preference, whatever that may be.

Maybe now, sure, there's if I counted correctly, there were 65 individuals running for the Victorian Senate. However, the thing is, you can go below the line and so long as you put 12 numbers 1 to 12 at least in any order. You have a valid votes. So don't automatically follow preference cards is what I would say. And also that means if you do support Ox, a party X but you don't like person listed. Number one, you can and they've got six candidates. You can

Numbers 2 3 4 5 6 is 1 2 3, 4 5 and then that one is 6 and then on you go. So you know I call it the five minutes per year investment Choice. Please make that investment wisely this time on every issue and your values and priorities and make sure that you don't, you know, get sucked in by preference deals and preference Whispers and whatever else. Because I think that's where things go wrong in the Senate, and then we can get

And similar theory for the Victorian Upper House, the legislative Council, that's where you can sort of. If you follow, you know, do your own preferences, give it a think. Before you go into the vote voting booth, you can do it. And also just have heard a few reports that there's been people being a bit threatening at how to vote Booth. So just be alert, not alarmed and Report. Any nonsense to Australian electoral commission officials

Now, very quickly in line with today's Theory, Theory theme of gender. Euphoria, I did want to say one thing. It's exactly 30 years to the day today, since I came out, which is my little bit of gender Euphoria. And I just always remember to mornings after I accepted myself, how good I felt. When I woke up in the morning and, you know, life felt and I felt like, oh wow things are okay.

I'm not fighting myself. And so that's my bit of gender Euphoria. I'm not saying it's always been there. There's been moments where it's gone where the delay related directly to trans /, gender identity, or not or sexuality or something. But the thing is find your own. I'm still here some days, I'll be honest, I wonder how I'm still here and some days. I wonder whether you know how long much, you know until about the wider world in my own little bit of the world. How long? But, you know, just I know it's perhaps a cliché live in the present moment. If you're stressed, just focus on the next breath and next five minutes. And then next day, I've had to do that at times over the last year, and along with other things, somehow I'm still here and we can keep going and rebuild ourselves thanks to once again to our guests Simone Buswell. And we've had one last message in from roving, we still live in a healthy democracy. Looking forward to the Democracy sausage, are a vegan varieties, in Brighton. Now Sally says, roving are vegan sausage? Yes, I'm sure freedom of species will approve of that every certainty there of anyway. I'd better Make Way for freedom of species as I say next week. Once again on the Sunday one of our two special made a broadcast from noon through to so myself and freedom of species not in in the meantime, I'm going to keep up the gender euphoria, the lesbian visibility week with a bit of an Anthem from Jonah and pride. Thanks for tuning in to out of the pan. I'm Sally Goldner catch you in two weeks.

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