

20250622

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 we'll 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 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 from the lands of the Kulin Nations at the overlap of the Wurunderi and Bunnerong peoples and we pay respect to elders past present and emerging. Hello to any Aboriginal Torres Strait Islander First Nations people tuning in today and a reminder that all the lands were stolen and never ceded. Always was always will be Aboriginal land.

I'm Sally Goldner I use the pronouns she and her, I'm your host for an hour of out of the pan. And we opened up today with Willow and Release, and we're going to release all things musical on you today, very shortly. I'll be introducing, well, three guests, but only two will be talking will explain that in a second and if you want to ask our guests questions you can do so through the modern means of communication relatively modern therein. outofthepan855 at gmail.com SMS six one, four, five, six, seven, five, 1215; Twitter, Mastodon, BlueSky, Instagram at salgoldsaidso and that's the bottom line. And look for posts on Facebook: my page, Sally Goldner and out of the pan 3 CR 855 am Melbourne, postal address PO box 1277 Collingwood 3066 any opinions that I express on the show are strictly my own.

Don't think we need any content warnings today. I think we've got some joyous content to share and two wonderful guests with which to share it. Joining me in the studio as well as I say 3 and we'll explain things in a second. It is my pleasure to Welcome to the 3, CR Studios, Kate, Sacha and Guru, Kate and first, welcome. And can I just check if it's okay to ask which pronoun you use if any thank you? Yes. I use she and her and Sach is in the studio. He him. And well, who is our third guest? Let's, let's get that important bit done any pronoun, but it is our dog Guru. The Greyhound. All you might hear just a little bit of panting in the background and that is our dog lying on a beautiful fluffy pink blanket. And yeah, he's chilling with us today. There we go.

Pity freedom of species crew are not in life today. Unfortunately them. So they developed on that Guru as we all do as well, I'm sure we all do. But the people who are meeting Guru, other people who are going to will have sort of been involved in the pilot and a starting up the northern policy polyphonic choir. Yay, I'm just I'm just, I'm just extra excited about this for some reason myself but that's not relevant. What?

Got you to think, why do we need a polyphonic choir and what is a polyphonic? Why what's it about? Who wants to go for that and speak closely to the microphone and talk about it? The northern polyphonic choir started from a dream that Kate had where she was accepted and singing and creative and filling the Love of All Around her, and then we decided to make it into a real thing so where a neuro affirmative choir.

For every different kind of brain that's out there, no matter how it works, sharing the joy of voice, the joy of our choir mascot, and the joy of coming together. That's a pretty, that's lots of things in there. I mean, I'm going to start, we'll start with possible. Possibly, the easier one Joy of coming

together. Tell us more about until our listeners more about that. Well, we were actually looking for a quiet ourselves for a while and didn't really feel.

Like there was the right singing group for us to fit into felt like, we're a bit too much a bit too quirky. And so we partly wanted to just hang out with awesome people every week at school and have a really, an awesome creative reason to do so. And as I said, I had a dream and when I came out of that dream, I was thinking, wow, that was heaps of

And I wish I could do that in real life. And yeah, so real quiet is an art pop choir and it has a rainbow Allied, neurodivergent inclusive, Focus. But we also have social connection activities at the beginning of each session brief social connection activity so people can get to know each other. You know, I remember being in a choir and and not knowing most people's names like I sang with them.

You know, we would have a break in the middle but I didn't really feel like I knew the people. Yeah. And so we do have some structured social connection activities at the beginning and at the end of our trial choir which we call the pilot, people really knew each other. They were hugging. They were laughing, it was such a beautifully cohesive group and so it is definitely about singing and, you know connection but there's also that that

Unity element there as well as really important for us. Excellent. Excellent. And so sachet. You got, you got dragged into the debate. Well, I have the fortunate role of being the conductor of the choir. So my history of Music involves beatbox and throat singing and I also have a circus background. So I bring the performance and staging part of the creativity. For as Kate, is the music director and

Ings the musical rigor to our project. Hmm, awesome. I'm awesome. Well, we'll get it out of the way at 10 minutes and 37 seconds. Awesome tag team work today. This, today's obligatory wrestling reference listeners. It's a running joke on this show. Some people might say this show is a running in Jake but no, that's another story. Seriously you know, it's great that you've got all these skills in there and you've got will mention it now. So before I forget and

Seems timely to do so, beautiful website at Northern polyphonic.com. So you put that together as well, which will tell Lots about, but obviously, we'll share lots of information. Now, for those like me who are probably stuck on guitar, bass drums music from the 70s, what isn't, what does Artpop mean to to you? We think that Artpop is Pulp with a message Pop-Pop does tend to be

Quite Visual and a bit more quirky, but it's a pretty broad genre. I mean we could watch the change, the world, things that change the world could be another way of describing it. Yeah, and we call it quirky pop and we call it. Yeah, just pop music with with a heartfelt message, which we need, what would be. And is there an example of a song that when, you know, throw anything that comes to mind at me with other song that you might think falls into the genre? A

And binders potent. If it's one that the choir planes to seeing was target practice or whatever. So far. Well, our first session next week on Thursday, the 22nd June, our first song is going to be Unstoppable by SIA. Aha. That sounds like a fair thing to be. It's going to be really fun to sing. We've been doing the manuscript work and the recording, it's all coming together. When I think of Art Pop, I think of Aurora would

Be someone who comes to mind where we love Ora in so many ways. And she's also neurodivergent another artist that's made it across the pilot. And this term one is crook is

another gender diverse creative art pop creator. Yeah, and we really love their music and yeah, we thought they had this viral sensation with a song called if I were a fish.

And it's a song about acceptance and we used that song in our pilot and a lot of our pilot members didn't initially know who Couric was, but then had so much fun and we had a little kazoo section in the song as well, which made it even more fun. Oh, my Bobby. Brady, loving heart is. So he's I'm from The Brady. Bunch has is well metaphorically.

Singing at that, nothing, like a good kazoo. And I've got to say, I forgot to thank the crew from out of the blue who dive deep for the marine news from 11:30 to noon every Sunday, they'll be interested in if I were a fish, if they don't know about it already. Oh I love intersections. This is so awesome. So yeah, I okay. So that's up our pop just in case people don't know. The question is sort of there's lots of people who say we could sing but they sort of want to

Um yeah. Where do those sort of people fit into Northern polyphonic choir? Yeah, it's hard to find people that are like yeah I'm a really confident singer. I think a lot of people love to seeing the love to sing in the shower. They love to sing in the car. You know we want to bring those people out you know and enjoy singing and community and we say you don't have to be a singer who has a lot of experience you don't have to have any performance experience at all. Yeah, if you

Can hold a tune then we welcome you and it's much easier to sing in a group to sing in a community that is guessing by yourself true. It can be. Yeah. And and I think we do part of that skill building and confidence building as well. So we try and make a really, you know part of our and of healing oriented. You know, inclusive space is that we try and make it a really strengths focused learning environment for singers so that if you

Have a lot of confidence than you can come here and be trying things and be celebrated for trying things and making mistakes is an important part of the process. And so to singing is such a personal thing because it's part of our body. It's not like a guitar you have in a case that you can just carry around and put down, it's part of our identity. It's part of the way we, you know, out at communicating the world. So it is quite personal. So,

So we understand that and that it can be really scary experience. So we were gentle good and very strength focus and we try and welcome people in that are going to, you know, encourage others as well. You know, some confidence thing is that are going to build some people who have less confidence and that is just kind of like this chain reaction of like positivity and strength building where everyone benefits. Yeah. Evan flow and teamwork this season.

A lot of good things. Yeah, the thing you also said that, you know, you're catering for forms of neurodivergent. Now, even if we just picked one. Let's go autism being the obvious. Most pets might be reasonable to say most known form of neurodivergent. There's, of course, a kaleidoscope of autism. How do we hold space for that in a group setting? I think? And your I mean, is the question. I would ask sure. So we have a set of community guidelines that have been

Very carefully created. We spent the first few seconds of the pilot going over these again, and again, so that when we needed the behaviours to match the guidelines, it would work out and it's worked really well. So, some of the examples of that include if someone is experiencing emotions or overwhelm or having tears, not rushing to comfort them, but allowing the feelings to be in the space and allowing the individual to take.

Take the space, they need whether that's with the group or apart from the group. So we divide our space into a soft area and acquire area and we might do more learning or resting in the quiet area and more singing in the choir area. Hmm, we also have a few sensory, regulations spaces, set up and people can at any time during the session, just wander off. Go to one of the sincere regulations basis. In fact,

If someone wanted to spend most of the quite a session in a sensory regulation space, there would be no issue with that. Also, our sessions are low lid so we have fairy lights, around the space. We have floor lamps. We do everything we can within our resources, to make it sensory inclusive. But that being said, you know, we can't cater to every type of neuro Divergence and there's going to be limitations there, but we're always open to feedback.

And we're always asking, you know, how we can make it more welcoming for people to bring their most authentic selves and not be too uncomfortable, but still have access to accessible bathrooms. Yeah, that's right. Absolutely. Yes. There's um, well, I mean, the thing is so long as there's, you know, openness to learning and all those sorts of things. I think that's the critical thing that we can't know about every form of diversity instantly. No one on this planet does, and

We learn, we communicate, we take in information and we keep building, so we build each other up. So that's a critical factor. And I was just having a read of the community guidelines while you were talking there, as well, which I think is great that you've got them and they're on the website at [Northernpolyphonic.com](http://Northernpolyphonic.com) about pronoun, stimming, radical care of yourself tears, welcome and other things that are possibly consent, but a lot of things are sort of more

Would be standard, you know, don't take photos without consent, Etc. All these sorts of things, which sounds very sensible to me. So, yes, this is just, it's just too awesome. So it's at the moment you're just your sort of it's what would we call? It's your singing as a group just for the fun of it. Their aims at this point to do the words that are coming to my head or more public performance and

Of course, yeah, we would love that we are planning to do end of term public performance. In September. We actually calling it a Mini showing and mingle because it's more comfortable. And I think the idea of a public performance can be a bit overwhelming as well, and the idea of just showing a few songs and then you know, going off and meeting people's families and supporters

Has and having some snacks and having some chats and finding out a bit more about. What we do is more accessible for us. I think having it, you know, expecting people to sit there for the entire performance and yeah, it can be a bit much. So and a lot of our supporters in your Divergent as well. So when we say oh we're thinking of making him a Mini showing in mingle, they're like, oh, that sounds great. So it's accessible for the audience members as well. No, look it just

Um, Yes sounds, excellent. There's sort of, if you're a new, you know, potential or new member, you're thinking about becoming a member or let's say, you've you've done, you've contacted, you've been contacting people say yeah, come along. Want to sort of things people need to know? First up, let's say part from the guidelines that would just, you know, so people can feel a little more comfortable or some people, you know, lots of people who are neurodivergent like to be more pre-planned and have that information.

Shinto process. That what sort of things come in there? Well, I think describing the structure of the safe container, it's probably the best way to familiarize people with Comfort. We're running two and a half hour sessions so that's from 7 p.m. to 9:30 within that. It's pretty structured that will start together. Go over the guidelines and have a social connection activity. Could be discussing one question of the partner and then we'll go into a learning phase. We might be learning about techniques.

Or breath or vocal resonance or vowel shape or the music director has large syllabus. That was all rating for singers basis of scoring and then we have a break and then in the second half, we go into learning a particular song by next June 26. That's Unstoppable. I see ya cool. Also one thing to keep in mind is we do have a dog here. Yeah, as we mentioned, is our choir mascot. So if that freaks people out, you know, it's something important to know. And I think, you know, we tell people that, yes, it is very structured and we've had really good response to having consistency and structure people, knowing what they're coming into. Yeah, but also Within

In that structure, if you need to break out have a sensory break that you don't need to ask celebrated home, you just, you can do it. And for however, as long as you need, you don't need to excuse yourself or say, sorry that's, we want to normalize that. And so sometimes that can give people assure people that as well. Yep. That, you know, you know, that Europe sort of in

Simple language or affirmed for who you are which is a good thing to be and I'm not asking for the exact address unless you want to give it but roughly whereabouts. You planning to highlight is the plan to hold and thus we can say we're we're having it so we're having it at Northcote uniting Hall on High Street in not yes we love the space there. That actually haven't all abilities choir that rehearses there regularly. So it's already very accessible the staff. There have been

An amazing and very rainbow inclusive as well. The large wooden Hall with lamps and couches. And yeah, looks and dishes and making very comfortable. Yeah. And so that North Korea uniting on Thursday nights from 7 p.m., but we do prefer you to go to the website and submit an expression of interest. Just so we know, you know can prepare ourselves for he's coming but if people want to try it for the first time,

Fine. They're happy. I'm happy for people to try it for the first time. Totally for free. They don't have to pay for the first session and just give it a go and just see how it feels sounds like excellent. Wow. I mean, it's just I think this is just, it's almost an overdue initiative. I mean you know beach bags are thought to your knowledge. You aware of any neurodivergent choirs queer or otherwise elsewhere.

The Melbourne kiyokawa is one that I've talked to people about was I've been looking out for other people in other clients. Mmm-hmm, a lot of choirs contain newer diverging people without explicitly being designed for them. Yeah, and I think there is some tension in that of how neuro affirmative can the container be when it's not explicit. Hmm, and how does the structures of neuro normativity impact people, who diverge,

Yeah not look def definitely I mean you know sort of the various hierarchies of the world certainly exists. Just normativity heteronormativity did it and neurotypical Ade and definitely we need to be aware of that to make a place a space safe so having your space that is specifically there and it's I don't know maybe it's just my gut instinct but I also think lots of creative people

Definitely sort of come under the neuro spicy sort of area as well. So it's just it almost seems like it should be given, you know, the, you know, it just seems to just too awesome. You know, it's

sort of generally speaking and in terms of your own neurodivergent, as I suppose is what I want to ask. I mean, do you have any thoughts?

It's not just inquire but in life as a whole person on how, you know, sort of work your neurodivergent in diverges, into your life to have the best life is how my brain. Just put that because we know that in a neurotypical society there's a lot of problems and you know societal structures aren't set up and you know it's the social model type of things that need to be considered but what you know, unfortunately that's the ideal would love to get there and we may be taking me to

Major at a time, on that Journey, but we know we're not. There is the reality. How do each of you deal with that fear own lives and particular neurodivergent saz's? That's such a deep and philosophical. Question, Sally. It's what we do. That's what it's a deep pan here. That we cooking on this on this, on this show. This is not about superficial conversation. Is it myself? Personally, my experience was I got diagnosed formerly with.

Body HD last year and I'm 43. Yep. And so I'm still learning, but the things that I found that work for me that I have a work environment where firstly I can work part-time so I can have enough time outside of work to rest from sensory overwhelm hmm but I'm also openly neurodivergent at work and sometimes I'll ask for certain things.

Like I might ask during a seminar for people to slow down or post a particular resource so I can see it while they're talking and I have become more vocal about asking for, you know, these I don't know. We call them considerations. Accommodation is reasonable adjustments and I found that overall people are pretty responsive to that cool. They want to make you feel more comfortable, they don't want you feeling uncomfortable. And

Like, you know, fluorescent light or they just need to know what you need. I also am very lucky because I work remotely and I get to work with my dog and so I caught on my dog frequently throughout my shifts and and I live in a quiet area in Thornbury and with my partner and we're both neurodivergent so we can understand and support each other sensory needs at home. And also having

A friendship group where, you know you are celebrated not just tolerated for your sensory challenges but you can really Embrace each other's superpowers and strengths. And so I have a wonderful Friendship Circle as well. And I realized, you know, pretty much nearly all of my friends and connections were also in Euro spicy, but I didn't know, but just all the neighbors were

Thing with and people at work stuff that I felt more drawn to were also in Euro spicy. So I just have this circle of your spicy people in my life. But yeah, there's some things that I'm learning about and I'm doing and I found a balance but when I need rest, I try and take rest and shaming rest has been a thing for me and accepting where I'm at and just giving myself the radical care that I need and one

That we've tried to do in our process of building, a neuro firming, rainbow inclusive choir as a music business together is we need to be neuro affirming in the way we work together at home. So if one of us is feeling sensory overwhelmed, we need a break from recording or arranging. We're like, okay, that's where you're at. Take a break or if that's it for today that's fine. And we are still learning.

Earning that I like excellent Sasha is that an obligation? Is there anything you want to add to any of that? Yeah, I had a similar experience to keep being lately diagnosed with autism and both kinds of ADHD which makes a lot of sense in retrospect. The ways that I've navigated it are focusing on the strengths of my particular permutations, which is with words and social

Relating and then trying to work through some of the more challenging aspects of my particular settings of the world. I'll give an example. I asked for an accommodation about not having to write the minutes of the meetings. We work and it took me a long time to articulate why it was such an issue. And why would take me five hours to get through it all and it's because

Words, meaning, an expression at the social relation in terms of minutes, it feels like I'm working on a corpse, I can't express myself. No one's going to look at it unless it's been a crime. Okay, hmm. Wow. Now, that well, you've I say with dry humor, you've out deep to me there. That's, I mean, that's really, it's intriguing and it's probably ringing lightbulb somewhere over here, which is,

Robbie why I'm sort of a bit, you know, in a nice way to sort of contemplating take her back, but I can say, I think I'm going to relate, but I get you. I'm someone who's been a sucker for Committees of not-for-profit organizations. I hate taking and, or writing minutes and now part of it could be that. I mean, because I'm very particular about words when I want to be and need to be, but also there's other factors as well, like, trying to think about the minutes and be involved.

In the meaning, creates overload, all that sort of stuff. So, yes, it's it is very well. It is very overloading, definitely, mmm. So, yeah, for me things have meaning yeah, social relation. Yes. That if no one's going to read it to express myself very hard to measure it yourself. Yeah, we're over Colt well and you eventually and the thing is so you spoke up on

We'll say intuition, not wanting to do that and you're managing your team leaders. Etc. We're cool on it. Hmm. What's that is? I am just I'm, you know, full of warmth to hear that because I think just we need more of that things turn up in a job. When you start, you don't know you're going to have to do them and they're not quite your thing and if it's really well in simple language, getting weighing you down a bit getting you down. Then you know, finally

Something else and maybe swap with in something else with another person or that sort of thing. Well, gee comments. Common Sense leadership and management, who'da thunk. It's yeah. I've done that a couple of times. I've said, look, I have to work on this particular training and the training has to get done and it's on demand but I'll say I think I'm overloaded for now. Can I do the continue this? Another shift. Usually people like sure no worries. We don't want you to sit through that uncomfortably

Yeah, and sometimes people aren't responded to with their accommodations as positively, you know, as they could be. But I think it's very courageous and can be a vulnerable space to ask for those, you know, for that flexibility. But what I found is, it's often good for neurotypicals as well. Yeah, not just in Euro spicy people and so I find that, you know, just kind of being that person that's like,

Like I'm neuro spicy and you know I'm just finding this particular thing. Welcome. I'll have other people be like yeah thanks for seeing that helps us all.

Yeah, well that's the thing. You know, we have know we sort of need to sort of work through it together and find wait fight. It's all very well to say communicate, but finding the right ways to

communicate is so important as well as part of that. Wow, there's so much to talk about. I'm just going to, I just need a quick breather myself. I think here, not quite overloaded, but maybe feel it coming on. So I'm going to plug into a track from the first life.

Show we did this year when I say the First new show, there was one track that I particularly liked by Josh Mills called the anxious bisexual, which I thought was a good song to play today and I love it. Come back and chat. More with Kate and Sacha about the northern polyphonic choir very very shortly. 3. CR 855 am 3 CR Digital 3, CR dot org dot U. + 3 CR on demand out of the pan with Sally.

This train will be asking for your donations to support 3 CR your donation during radiothon keeps the station radical and enables us to give voice to our community for another year, your station your voice.

Show your support by donating this June 3, CR radiothon 2025 your station your voice.

Or donations over \$2, a tax deductible to donate. Call 0 3, 9 4, 1983 77 or go online at 3 CR dot org. Dot EU, 3 CR, your station, your voice.

Out of the pen. Thanks Coco. Only for their sponsorship of this program. Go kindly creates high quality locally made bedding donating, 50 percent of profits to support women and gender diverse. People experiencing housing straps check out go kindly Dot com.au and take their pillow. Quips

3 CR 855 am 3 CR Digital 3, CR dot org Dot 3 CR on demand out of the pan with Sally first broadcasting noon through one every Sunday afternoon. Thanks so much for your company. We just heard from Josh Mills from earlier in the year, the anxious bisexual and well I suppose I've got some anxiety. So that song was for me. No great.

Different Josh but love the lyrics. Lovely, if he wants to join the choir or I don't know their pronouns, but if they want to join the choir, any anxious bisexuals are welcome. Yes. Anxious bisexuals guys. Lesbian transgender diverse non-binary, a gender lgbtiq, a very plus all that sort of thing, that's what we like to like to have. Now, let's just go through again. I think we sort of there was so much to discuss and I think we got it in most

Conversation. But let's just sum it all up. So a neuro quick friendly up. Pop choir. How do people get involved in Northern polyphonic? So we have our first session of the term next Thursday, at Northgate uniting Hall. If you'd like to attend that first session is free. You can go to our website Northern polyphonic.com, mmm, again, that's Northern polyphonic.

Dot-com. And there's a little section there that says new members and you can submit an expression of interest in a very brief set of questions there. And we also just want to make sure that people are rainbow Allied and on, you know, and supportive so that you know, it can be a protected space for everybody. So we want to, we ask that are you rainbow Allied and do you identify as neurodivergent or a neurodivergent a lie?

And so yeah, submit the little soup expression of interest and, and then come to a session next week, and meet some wonderful friendly neuro spicy people. You can meet our dog. He'll probably be wearing winter pajamas. This is a video on the website as well. If you got the vibe that's under the now, media section pun. It is yes. And we'll be doing



Being Unstoppable by SIA, and we have available spaces in, base Alto and soprano. Particularly surprised know actually, which has been surprising. Okay, well, there we go. Well will you know will be, what is it pitch diverse? Now, look as I say just this noticed, as I say maybe it's just a someone who's born near a division and queer. This fills me with joy and I suppose someone who likes singing Once More.

Back to it someday. So maybe you might think you might you might see and hit me their listeners. We would love to have you Sally. Yeah. Just a question of getting along but seriously I just wish you every success with this. Stay in touch with the program when you've got that was it mix and mingle coming up type of event, please let us know. Love to put it around, put it through on the show and perhaps you know, perhaps you could put a

Tea Service, Announcement together for 3, CR. They've got to be something that was to do where we can promote that as well. We're here we're here with you as part of community, you know, so just every success with peeps, it's just too awesome. Thank you Sally and I just want to say thank you so much for your support and your inclusivity and and the work that you do in the rainbow Community as an ally, as an advocate across many years, you are an inspiration to

Us. And we are very grateful that you had us on your show today. So thank you. You are both all three of you, I should say very down. There are very, very welcome. I think we've got it all covered now. So I'm going to, I couldn't resist, as much as it is a little gender-specific for a show. Like today, I had to play a song by Cold Chisel. I wonder which one it is. In terms of the lyrics, it could be called choir girl. 3 CR 855 am 3 CR Digital 3, CR dot org, dot U 3 CR on demand out of the pan with Sally.

3, CR, radiothon 20-25, your station your voice.

Aloha woman Jessica and hello buenos dias. Crazy are 855. Am welcome 3 CR Community radio dear listeners Community radio 3. CR in Melbourne, 3 CR Community radio 3. CR media 3 CR is community owned and operated face. The i3c donate to the 3 CR radiothon fundraiser this June to donate call 03 94198377 or go online at 3 CR dot org. Dot EU. It's your station your voice.

Bisexual Alliance Victoria is a not-for-profit organization dedicated to equality and justice for multi-gender attracted. People, including by pan, regardless of label or No Label at all, their partners and allies bisexual Alliance runs discussion groups in person and online, the group offers, a safe and fun space to share your experiences. Ask any questions regarding your sexual identity and provide peer support. Bisexual Alliance is especially Keen to hear from multi-gender attracted people in Regional and Rural Victoria donations of two dollars or more to bisexual. Alliance are now tax deductible for more information. Visit our website at by hyphen Alliance dot-org email, info at by hyphen Alliance dot org or find us on Facebook or Twitter and 3 CR support

3 CR 855 am 3 CR Digital 3, CR dot org, dot U 3 CR on demand out of the pan with Sally just about out of time for today. So a few quick things to talk about. Thanks to this Show's sponsor. Go kindly who do awesome stuff. Check them out on the interwebs and thank you so much for your support. We of course had a we had a win for once during

The week with changes to plasma donation regulations, in Australia, long overdue, that they are now going to be more on a safety basis rather than blanket discrimination against gay and bisexual men trans women and assigned male non-binary people and sex workers amongst

others. So that was huge hoping to get more news on that in and have a discussion about it in the current weeks, also, the Victorian equal,

80 and Human Rights Commission or did I say that right? Is at the human rights and equal opportunity commission, they do both their diverse, seriously, it's the equal opportunity and Human Rights Commission and they have put out a guideline for lgbti, qa+ inclusive workplaces. So that's really, really important as well. And so I'll try to get someone in from the Veera Burek. Maybe the commish Row, Alan could come on and have a chat if they're not too busy.

I always had good to have rowing that's some good news. The by discussion group is next week and something else that's happening during the week the massive supporters of this show and 3 CR and that is radical women. Freedom Socialist Party will have on choose this Tuesday night, unfortunately, roughly the same time as the by Discussion Group discussion Circle. There will be, can be no, women's Liberation without trans equality. Radical women in

Honor of Stonewall 2025, which is due in the coming week? Where are we that Thirty forty six years since Stonewall riots and they'll pay tribute to trans women of color Butch, Dykes working class quiz on the front lines in 1969. It's set to Tuesday evening at solidarity. So on, now at 113, Spring Street Reservoir. So, and I think it's going to be

In person and on Zoom as well. So that's accessible as well. So lots going on as we wind up pride month, freedom of species is up next and the Fab crew from freedom of species have a great show today, they'll have the second part of the interview with Ari. Who is they had so much to talk about the last time, our egos on that they needed a second part to cover more stuff, which is really

Really excellent re is a community organizer, mediator, social worker, who is passionate about exploring the transformative potential of generative conflict and accountability work. So all happening on freedom of species rotations at to some great music coming up. Clearing the air at three more, queer stuff, and then Salam radio, show it for. So a big day of radios are still on three shots. Started this morning with the gardening shows, radiothon show and got to mention that with out of the pan is 3.

Orders that the way to our Target of 15 hundred dollars last count, we were to round eleven hundred and seventy-five dollars. So we've still got a little distance to travel. If you can get any donation of two dollars or more into the station, particularly Pi into 30th of June cop that mr. Chalmers. Then you can support 3 CR and get make it all deductible. So yeah, please support the station anyway. I'd better move out of here and make way for freedom of species. Well in some Valiant effort at gender balance, we had choir Girl by Cold Chisel. I think I have to play choir, boys, and attract from them. And if anyone knows of a band or a song called choir non-binary, please contact this program. Thanks for tuning in to out of the pan. Thanks once again to Kate Sacha and Guru. I'm Sally Goldner, catch you next week.

You've been listening to a 3 CR podcast, produced in the studios of Independent Community, Radio Station 3. CR in Melbourne, Australia for more information, go to all the double use Dot 3. CR dot org dot au