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This is a 3 CR podcast, produced in the studios of independent community radio station 3 CR in Melbourne, Australia. Go to all the Ws Dot 3, CR dot-org.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, and we pay respects to elders past present, and emerging. Hello to any Aboriginal and Torres Strait Islander people people tuning in today from whichever lands you are on. We acknowledge that all the lands were stolen and never ceded and it always was always will be Aboriginal land.

I'm Sally Goldner I use the pronouns she and her and welcome to listeners, all listeners of all genders, including but not limited to ladies and gentlemen, and thanks to the crew from out of the blue diving deep for the Marine news as they do every Sunday morning from 11:30, till noon, always a great range of well information that some well there we say deep, but, you know, they just some ways seemed to explore something new, that you might never have thought of. And that's why 3 CR is so important. I have a bit of thoughts about that in a minute.

There's lots of ways to get in touch with this program out of the pan or show covering pansexual issues knowing no boundaries of sex gender or musical genre today and how you can do it out of the pan 855 at gmail.com? You can SMS six, one, four, five, six, seven, five, 1215 posts are going up as we speak on Twitter, Mastodon, blue, sky, and Instagram at Salgoldsaidso and that's the bottom line and posts already there on Facebook out of the pan 3, CR 855 am Melbourne and my page Sally Goldner. You can communicate with this program via postal mail and you can do that. P.O. Box 1277 Collingwood 3066 any opinions. I express on the show are strictly my own. If there are any content notes, I'll deal with them as we go through them and give you numbers for Q life, including switchboard, and rainbow door. But don't think there will be any well opened up today with Icehouse from an album called White Heat.

It's a 30 hits greatest compilation, so many great songs there. Davies, a great contributor to Australian music and yeah, that one was cross the border.

Well, 3, CR cross the border of 50 years and we head into the next 50 as of yesterday. And I've got to say, it was just a really warm day at Collingwood Town Hall, not far away on Hoddle street, I got there a bit late than I would have liked and just a slightly, it's they say tired puppy yesterday and I was running a bit behind. I was like the to use are very old bad joke I was like the butcher who backed into the meat mincer I got a little behind in my work. Dear we should have a bad joke, time time contest. And we did that one within eight and a half minutes of the show opening as well as the ongoing wrestling references. But of course, No gambling. We're responsible here at 3 CR, seriously.

But seriously folks, to quote Joe Walsh, what? It just really was a lovely day. It really is a community family of choice, feel at 3 CR and there were so many people, I got to see. Even though I did get there late, I hadn't seen in early ages, as I think people say nowadays and yeah, really, really enjoyable. Sort of day. Pass station managers we got chatting to a part of the queer Community people who as a lot of quiz seem to be doing nowadays are moving up to Castlemaine. It's sort of like Castlemaine is the new Daylesford perhaps Daylesford not affordable for all, become too popular problems problems. But seriously people hadn't seen in ages from a range of shows to one of the people I caught up with, was on the fabulous, Phoebe, who used to do with a co-host of a show hip hop sister or was it Hip Sista Hop I can never remember. But anyway, now living up there in Castlemaine. It was just nice to catch up with people chatting, you know, and see what people are doing. All sorts of people there. The Fabulous, Mikale who does so much still contributes to 3 CR, a little even from now caring, while beyond the Victorian, the Melbourne Metropolitan District, which to quote, the Immortal commentator, Jesse The Body Ventura and there was the wrestling reference unplanned at 10 minutes and 16 seconds into the show as Jesse Ventura would say I'm impressed. And I don't impress easy just so nice to see people.

Yeah, and this is what I think, 3 CR brings and I'm not saying other places don't, but it's just why I love being here. And I love you know, that, you know that three CR offers that. So a very enjoyable day.

Unfortunately, none of the new 50 that 50th birthday t-shirts in my sight, so I missed out, never mind. I've still got one of my very very old ones which it's that old. It's got a cat scratches in it to prove it but I still wear this Sleepless one and my 3 CR radical Radio 1. That's 3 CR. That's what we are. That's what we do and we're damned stand that way for another 50 years. So well, already had one wrestling reference, let's go for to just bring it as The Rock would say and I'll be doing that on the show today. Talking about issues of intergenerational aspect which I was having a conversation with one person about also have to comment on Julia Gillard's approach to trans issues which with which I have some agreement and some disagreement and that sort of thing, what else? There could be plenty More will have plenty of discussion on this show today as well.

Yeah, so lots lots happening as I say a wonderful day but just while we're on 3 CR matters. I looked at our little wall chart here at 3 CR and out of the pan is still doing it 80% give or take of our radiothon Target which according to my maths means we've got about another \$300 to go, so let's break that down. Could be 150 people donating two dollars, tax deductible, get ahead for for 30th of June next year. That's a pretty reasonable thing to do or you know, the more the merrier when we can get over the line and get it done, 3 CR, definitely needs your support to keep going for yet another year and then the next Forty Nine. After that let's break it down. Small steps as they say and we can keep 3 CR. Well, Rockin and Rollin. Suppose Ice House could be called that and well occasionally booking and just going, but I actually do have a bit of a dancey song to end the show today poppy tune. But as I always say, rock and roll and Boogie and disco but tongue-in-cheek, country-and-western only with consent. Well, I've got consent because I'm hitting the buttons and like this artist is classified as country a lot of the time. He's also just a great Storyteller regardless of what you call his style of music. He is Graeme Connors from the album, from the back country and a mysterious spooky thong called Black Mountain 3. CR 855 am 3 CR Digital 3, CR dot org Dot 3 CR on demand out of the pan with Sally.

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3 CR 855 am 3 CR digital 3Cr dot org. Dot a you and 3 CR on demand out of the pan with Sally first broadcasting known through one every Sunday afternoon. Thanks for your company. Roving reporter has emailed in on out of the pan 855 at gmail.com. Thanks roving. Good to hear from you. I hope you're doing all right and getting through Walter really it's not the coldest winter on record by any means. We've got a settled but chilly morning period coming up for the week and well, your been warmed. So to speak by the situation, in the world cup and roving rights in. And I quote, just wanted to share my world cup experience and the amazing Unity. I experienced at a pub over soccer or as some would say 40 yes, there are various codes there in. We we value diversity on the show including diverse codes if we that was not part of the

Quite actually resuming, the quote watching the soccer is play. I saw people of all Races classes and a him, a term genders your night to cheer, on our team, even though some have never followed the game, it seems it was a much needed boost, not only for a morale, but to have a healthy a healthy form of nationalism tongue planted in cheek and in celebrating our diversity. I'm super excited over penalty shots now and can't wait for the next World Cup where we will all be more excited and more united. Yeah. I think that, you know, it's silly. There is something about that. And, you know, that's it's a positive form of nationalism. We get behind our team in sport, which is a fair thing. Now, I think a positive nationalism that isn't just sort of ra ra ra where the greatest but does bring people together. It's a good thing. As a liberal myself, I think balance is a good word and what you've touched on their roving is a

That that we can all come from a whole range of differences, but we're all United by some things and you know, we did share it on the fact that we, you know, well it's a step further in one sense, you know, we got two penalties in the round of 32, which I don't believe we have achieved before. I do not claim to be an expert on various codes of football and all the details of their upon their into wit. But having said that yet, and it's a step forward. So close yet. So far

Obviously, obviously, if you can Chapel had been commentating, he would have said the final bottom line, fine, result was a real disappointment that, seriously, an amazing effort. Well done to the socceros and yeah, I think it's good to hold space for both, you know, which you've done as I say so. Well, you know, our differences, but we are united In The End by qualities as people, we have to acknowledge difference and be positive about it. And also be positive about the things that unite us and I think

So really good point. Thank You. Roving reporter emailing you not out of the pan 855 at gmail.com. All the means of Technology. Now have a poster for today. So once again at sell gold said so on Facebook Mastered on Instagram and blue sky I sorry on Twitter Mastodon blue sky on Instagram Facebook out of the pan through CR 855 am Melbourne and Sally Gardner and as always postal address PO Box 1277.

Would 3066. So what else has been going on? I had a as 3 CR does not only on air, but when we get together, we have thoughtful discussions, because that's what we do, you know, sort of questioning the question gosh, I'm gonna wrestling mood today. I know as Roddy Piper would say, just when you thought you had all the answers, we changed the questions. And well, what the

Things that came up yesterday as I was having a chat with one of our Fab 3, CR people who works in a queer Community organization. I was, I've heard that heard. It said, now I'm just not, I'm not saying whether I agree or disagree with this for a second, I've heard it said that we shouldn't tell stories about earlier hardship for quiz because we want young people to have it easier. Well, that's one possibility, the other side of that coin.

However,

Is that that means certain people can't tell their stories. Hmm. So it was just an interesting one, how do we reconcile this again, in a win-win positive, sort of way, is what needs to be considered. So, welcome your thoughts on this. You know what's, what? Let's unpack this debate a bit, you know, what is the solution? How do we all tell our stories? Do we how do we hold space for?

Each other all these sorts of things are things that need to be considered. And yeah, it's here. How how can we and do we hold space for difference the SMS line as I say it's up now as well. You can message there if you want on 6, 1, 4, 5 6, 7 5 10 to 15. So it's certainly a question that does need considering do we tell stories that you know, might be a little challenging, is there a point, you know, but people have a rock, do people have a right to tell their stories are there? Ways around that? I'll welcome your thoughts in the next few minutes. So, yeah. 3 CR, you know, it's just all so good yesterday, I've got to say it just to see such a great range of programs represented at 3 CR. Many presenters and the option was there to have stalls and we're not talking stalls involving orchestras or anything like that and yeah, just, it was just a very proud moment was very energizing. And yeah, I might talk about something and something else that I did that it was energizing during the week. That's queer relevant in the next segment. But I've also, there is some developing political news which I do need to comment about.

So we'll do some light and shade. Anyway, welcome your thoughts. How do people wear times were not as good for quiz. Tell their stories. Do they etc? Etc. In the meantime, let's have a track from The Sting double live album, from 1984 bring on the night. His first solo album after the police broke up in 1983. And here's a track that is called That is a police track actually driven to tears. Do we want to be driven to tears? No we don't have to be 3. CR 855 am 3 CR Digital 3, CR dot org dot a you and 3 CR on demand out of the pan with Sally.

3 CR 855 am 3 CR Digital 3, CR dot org dot a. You 3 CR on demand out of the pan with Sally first broadcasting known through one every Sunday afternoon. Thanks for your company and we just heard from Sting from the first solo album with a police track driven to tears and be a bit.

Well, as they say, fun K on there, I was sort of grooving in the studio here. If you're grooving along there, as you listen to the program, all sorts of groovy music can get past genre and all those sorts of things. And roving, reporter has misjudged again, music and Madonna. Release of the new Madonna album this week music can help us. Overcome our trauma and she's been a very strong Ally. Yes. Indeed. She has She was now on during the 80s and the horrific times that were the HIV and AIDS situation. When it was at its peak in the 80s to early 90s in Australia, she supported our community and was quite outspoken. When artists were scared to be political and we can heal ourselves throughout us like her, whilst also enjoying our identity and the album's getting rave

reviews even with critics and that's why she's a Trailblazer I'd agree with that. I think she was a very powerful.

Powerful. Queer a lie. And you know I think a very assertive woman which is all, you know, at any time in well I was thinking about this yesterday. Can I'll just say for the moment can be challenging? It's not what a certain prime, minister called her difficult nowadays. I don't know. And she's also know I do remember. I think she gave Britney Spears, a kiss at an awards ceremony, so she's never. That makes it clear. I don't care what it is.

Police and all that sort of thing. It just shows you secure, which is pretty cool. So, I'm with you on that. Now, look, as your I say with tongue-in-cheek roving, you're a long-suffering listener of this show if you're listening for the first time and this is your first sufferance no. Seriously, you know, you know that I tend more to rock but I certainly would admire Madonna and I do remember her clip for deeper and deeper had some scenes. I think in a queer nightclub, I certainly remember some drags queensin there. So definitely a supporter and good on you Madonna for being an ally. I'll have to catch up with that. Another thing to put on the to-do list, but that's a nice one to do. Thanks roving for that. Yep, we need allies. Well, we need allies but as Jacob Thomas said on this show, around 3 weeks ago now, maybe 40, I'm a qualified accountant. I can't count seriously, you know, we don't want Fairweather allies and I might have mixed feels with some disappointment about comments made by Julia Gillard yesterday where she said, we didn't consider the consequences of the sex discrimination Amendment act in 2013 that established Federal gender identity protections for transgender diverse along with the time, although not the relevant part of this, the adding in of sexual orientation and And the exact words intersex status, which needs to be updated to variation of sex characteristics. Now, let's get just a Glenn, let's get a few things. Clear here, because we are not going to get them straight. And the thing is here that there weren't, you know what consequences we had. Had fed State and territory laws protecting trans, and gender diverse people in all states and territories by that time and in some cases

It had these laws for 30 years, had there been a huge flood of in inverted commas. Men pretending to be women, invading safe, women, safe spaces like shelters and bathrooms. No, they hadn't had there. Been women in inverted commas, men pretending to be women, trying to play women sport. Know, we've even got further than that. And there's an on that one. There's another point. Seven of Australia's eight states and territories and the federal law have an exemption in sport for so-called for as it's called, quote strength, stamina and physique. And so therefore, you know, there

can't be that Invasion on that ground, but it should be pointed out that Tasmania. Thanks to if we're talking early campaigners Martin Delany when it's state anti-discrimination laws were amended in 2005, they got rid of the exemptions for Trans and intersex women in sport. Has there been a range of problems? No. Has there. Been in inverted commas? Men pretending to be women know, so with great respect and look Julia Gillard. In my opinion is possibly the best prime minister. We've had in 30 years, despite all the waffle that was thrown against her and she tried to do things that of course have since been decimated such as the A is and gonski and you know, but I can't agree with her on this because there isn't an issue and it's really sad that she is protecting herself in this case and being a bit of a, fair-weather Allied, a trans as it could be said, many others are. And you know once again well it's and Chapel day here a real disappointment in that comment that just has to be made clear. By that and we can disagree on from time to time, friends and allies can disagree. It's how we do it. That's the counts. I've focused on issues and logic, which is perfectly reasonable. And it's then, if therefore, being done, now coming back to our earlier, issue of seniors and, you know, older quiz telling their stories, I think everyone, every person has a right to their story. Let's put that across even someone for example, who thinks they have benefited from conversion, practice does have a right to share this story as much as I might not agree with conversion practice, they have a right to share their personal story, you know, it's, you know, there's a saying, everyone's feelings are everyone's feelings or something like that. Everyone's story is everyone story, and they have a right to share it. And the other thing is, we have to tell our stories not because we want to startle people or make people unhappy or anything, but we need to make sure we keep learning. I have a big issue where I think we throw out some of our older queers in lots of ways. I've told the story and this program before of someone who volunteered for a queer Organization for 25 years and you know, sort of a queer organization. And on the day they did their last thing. They don't know. Thank you. No, no cake, no nothing. Just I'll leave your swipe pass, it reception on the way out. Is that how we treat people know? That's not treating people kindly. And I think that we do Overlook people generally and a lot of our long-serving queer. Volunteers, not always now look, I'm, you know, obviously, I don't know. Some some parts of me, it's like all things. There's a lot of Binary, in my own case, sometimes it has been in. Sometimes it hasn't, I will come back to that very quickly at the end of the show. But yeah, I think there's room for everyone to tell their stories and we should because the

thing is, someone might get a light bulb, someone who is doing advocacy in some form today and go. Oh, okay, maybe we're not using telegrams anymore. But hey, we could translate that to these fandangled social media platforms instead.

So there is a thought, welcome? Your thoughts on Julia, Gillard's comments and also on seniors and people telling their stories in the meantime. Let's have some Midnight Oil, including the late, great drummer Rob first, this one from Diesel and Dust and the Bull-roarer has 3. CR 855 am 3 CR Digital 3, CR dot org dot U 3 CR on demand out of the pan with Sally Temperature.

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It's real. It's authentic and it hugs you and it loves you for you. And that's what I think 3 CR. He's it's your best friend. That doesn't care what you look like, how you sound, how you dress, how you move? It's going to accept you and love you as you are.

The Voice of Ricky Spencer on 3, CR 855 am 3 CR Digital 3, CR dot org dot a. You 3 CR on demand out of the pan with Sally first broadcasting noon through one every Sunday afternoon. Thanks for your company and prior to the messages we had from Midnight Oil from the hugely successful Diesel and Dust album and the track Bull-roarers And now still a legacy of great music and whilst they did not tour. Again obviously probably not now with Rob Hearst sort of, you know, having left and I'm for the great jam session in the sky. I suppose what an amazing drummer he was and although not lead vocalist on a lot of not all tracks.

I'm of course did sing on a few and also put out some of his own work where he took lead vocals. So yeah. Definitely. Sadly missed. But the, of course, the legacy of Music. Certainly lives on. Yeah. What else have we got to cover on the show? Today, we heard a message from Rotations, they're coming up, 2:00, prior to that at 1:00, we have freedom of species, talking all things animal, advocacy, vegan vegetarian and similar. And they're talking about the television series Pluribus, which I must admit. I'm not being someone who keeps up with television. It's going to be

interesting to hear about this series, Wikipedia tells me that, it's an American post-apocalyptic.

It's fiction television, series set and filmed primarily in Albuquerque, you know, always take a left turn there and, and the title of the series refers to. And this is where, yes, Bugs Bunny had it. Eat Pluribus Unum, a Latin motto of the United States, which means out of many one. Anyway, they're going to talk about issues, connecting animals too,

To, you know, it's animal rights themes in that show that will be curious and be very interested to see what comes up there. Always the main again, amazing topics of interest on 3 CR. Now, talking of interesting, queer things. I did something quite sort of.

Awesome during the week a few months ago, when I was in at a health service provider I was out, I saw an a, as you do old-fashioned stuff a poster on the community notice board for an event that happens twice a week once on Wednesday nights once on Thursday mornings called query erotic embodiment and I thought that's interesting and then I took a photo of it and it's buried in the camera somewhere as the camera phone is things happen.

And I forgot about it until at a separate event, which is also worth talking about. Gosh, always interesting things happening. I met the to convey. I'll say, conveners organizers of said event, and yes, had and I went to one of the sessions on Thursday morning this week because much as it was work hours. I just felt like I just was one of those instinctive things.

I thought I needed that and they can't they did something which was really really useful. And I thought I'd share given, as we know that, you know, sort of many many people, it seems a higher proportion of the queer Community are neurodivergent and that can often mean different experiences. Now look, I'm giving this advice.

These thoughts as an individual, not a qualified health professional by any means, I would make my first comment there, but things that I've heard through knowledgeable people that, you know, when sometimes when people are upset, their told I'll do something to distract your brain, you know, watch a movie, go for a walk or in my case, God forbid place by to Solitaire or something like that, and that's all very well. But apparently, according to the

Eligible people I've spoken to they that doesn't necessarily work for for some neurodivergent people and traumatized people and we need not just to do something distracting but to do something remind yourself of something positive and so by happy coincidence Thursday's topic was positive embodiment of something that makes you feel good.

Good in your body. And it just struck me that this was such a good thing and I'd had on a negative experience earlier in the week, which, I'd sort of spoken to people about done the counseling thing done the friends thing, but hadn't quite will say resolved. And it like, you know, this is not, I wasn't ignoring my feelings but by remembering a time that was really good and then going through all the feelings in my body.

The positive ones. And so bringing back the whether it was the excitement, the Jubilation, the happiness, Call It Whatever words you want. And then trying to remember all the sensors with it, the sights and the sounds being the obvious ones. Touch could be probably the next most relevant. One and taste and smell often less relevant, but now it could of course be relevant I took just feeling all the negative energy from the experience. I had at that point around 36 to 48 hours before just almost dissolving out of my body. And I thought what are useful thing for queering neurodivergent people? And yeah, I was very, very excited by it. And thought what a good idea. I mean we had Sam Dengue Tan on around trans day He talkin about what we can do to sort of start remedying yourself, and this could be one tactic and also add without, you know, without giving free plugs or anything. The first time you go to one of these classes, the first session is free and also it says on that, they will not turn away people for lack of funds which is really, really awesome. So I just thought a really good thing.

Great part of our queer community, and really, really good anyway, I better get out of here and might way for freedom of species, but I do just have one thing, which I'm very proud of that happened. This week, is that this program has been nominated for an outstanding contribution to queer media award, which is really, really nice as part of the Victorian Pride award, so I'll have to get out the Glam outfit for all Saturday. August the 15th and get myself there. Thank you to all

All the listeners of this program whether you've listened once or repeatedly like roving reporter. Thank you. You know, it's very, very exciting and thank you to whoever it was who nominated me for this, not quite sure. But anyway, and also doesn't really matter. It's just, it's as someone says, it's nice to be nice. Well, take it out today. On that positive, note, with a track from Kate, Sabrina's album. Think about it. And the track is called Called everything will be. Alright. I hope it will be some optimism when you can have it is always a good thing. Thanks for tuning in to out of the pan. I'm Sally Goldner, stay difficult and stay happy catch you next week. Just to make it feel that losing, you would always be my greatest fear.