

OTP 20260930

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 a. You 3 CR on demand out of the pan with Sally first broadcasting known through one every Sunday afternoon for the last time for six months, Australian Eastern Standard Time, as the next show will be on daylight savings time. So what is it? Move your clocks forward and they'll fall off the mantelpiece.

3 CR very proudly broadcasts from the lands of the Kulin Nations and we pay respects to elders past present, and emerging. Hello to any Aboriginal, Torres Strait Islander, First Nations people tuning in today from whichever lands you are on and we acknowledge that all the lands were stolen and never ceded.

I'm Sally Goldner I use the pronoun she and her and welcome to listeners of all genders including but not limited to ladies and gentlemen. We opened up today with a track from the band, Totally Gordegeous, Strangers and Foreigners. And there's a very good reason for that which I'll share with you in a minute, but if you want to get in touch with the show, there's also lots of ways to do that. You can email outofthepan855 at gmail.com; SMS. Six, one, four, five, six, seven, five, 1215. You can look for posts on social media outlets like Twitter, Mastodon, bluesky, and Instagram at Salgoldsaidso and that's the bottom line and posts on Facebook out of the pan 3 CR 855 am Melbourne and my page Sally Goldner, the postal address for the station, is PO Box 1277 Collingwood 3066 and any opinions expressed on the show are strictly my own.

Now there will be content notes today for issues of femicide and in that sense from a queer perspective you can contact Q life including switchboard 1800 184527 and also the family violence line 1800542847 rainbow door one 879 367 or SMS rainbow door 1800729367.

Thanks to the crew from out of the blue diving deep from the marine news as they do every Sunday morning from 11:30 till noon, and there is a very logical reason why I opened up today with strangers and foreigners? Because sitting opposite me in the studio is the person who sang the lead vocals on that track. But here to talk about an amazing Fringe show that she has co-created. It is my pleasure to welcome, to the first time to Out of the Pan in its existence and long overdue Penelope Swales.

Hello Sally. It is so good to have you here. And if it's okay to ask because I would like to respect your gender identity to ask which pronoun to use if any.

I use she/her pronouns it is good to have you with me that you've put forward the sort of stuff that, you know, I would hope Melbourne Fringe Festival is here to do. You've got a very powerful show perhaps start by telling telling us what it's called. And was there, a what was there? A particular or more broad? Sort of moment that said, this is the show. I've got to really do.

Yeah. So the show is called back to me, a musical journey of survival and it was prompted by this awful femicide crisis. We've got going on at the moment, just every week, there's another

headline this week. We had a particularly nasty headline with three women being killed within 24 hour, period in New South Wales which is gobsmacking me. It's when you think it can't get worse. Yeah, I few years ago, I met this woman called Jules Cinque is a playwright and previous member of the women's circus. And she approached me and said, look I want to do something about this and I want to do. I've been writing I've been putting together a show, would you be like to be involved? And so between us, we've written a one-woman musical which is 45 minutes long, and the focus that we wanted to take with it was to put the focus on Evil. But also on the incredible challenges that women face when they realize that their lives are in danger from intimate partner violence and they just have to get out. There's always this question. People ask is like normal, why didn't you leave or do I? Don't you get out sooner because it's really hard and, and so there's this kind of hidden processor happens. People don't really know a lot about what happens and we hear about the women that don't make it, but we don't

A lot about the women that do and what does that process look like, like, getting intervention or like, living in transitional housing seeking help, trying to, you know, get back on your feet, trying to trying to keep the kids in school, trying to King money coming in like all those sorts of things, the financial situation that a woman, might be in that situation. So all of these things are touched on in the show and I promise it is actually uplifting. So it starts at the darkest Point, that's it. Does that the darkest Point, Angie, Angie sort of pulls herself hand over hand through. So you sort of see her struggling with rage and despair and, you know, violent fantasies, but then she sort of makes the decision quite early in the show. She goes, no, I'm not going to let this. I'm not going to let this Define me. Yeah. And then she's just sort of living hand-to-mouth for a little while and then prompted by these awful headlines. That we see she finally goes, I have to, I can't do this on my own. I'm going to have to

I have to ask for help, so she, she contacts the orange door and they step in and help us really intervention. Order. Process takes a little while to get that to stick, but it does eventually stick, she finds transitional housing, and eventually gets a new job. So yeah, it's that sort of trajectory is the trajectory out of the darkest Point. Yeah. Wow. I mean you've gone right to the nub of it and I mean there's so many it could be other factors.

Has as well. What happens? For example, if there are pets, you know. Yeah. I'm sort of run easily with some of those. I mean, you know, whether it's cats or dogs, there's factors or goldfish, or whatever that you love. What do you do? You know that's going to throw into it as well? It's really difficult. Like we didn't touch on pets in the show, but it's certainly something that I came across. So, both Jules and I have worked in the Family Violence sector. Yeah, so Jules It's a very straight and I worked for Victoria legal aid and I saw lots of disputes About Pets. I would like just to give a shout out at this moment to a wonderful charity, called pets at the homeless mmm-hmm, and if you're in a situation where you are stuck in a violent situation for fear of harm to an animal, maybe get in touch with those people because that's one of the things they do, is they help people with that. So pets of the homeless, wonderful, wonderful little Charity, just love them to be.

It's melbourne-based, cool. So yeah, so when I was working for legal aid, I often found myself in a really intensely uncomfortable position, because what generally happens with intervention orders is that the Community Legal centres, take the applicants and the applicant is a person who's applying for intervention order. So usually, the victim Survivor and because nobody else wants them legal, I get stuck with the perpetrators sSo that was I found that incredibly challenging. When I first started practicing law and I cut my teeth down at the Melbourne magistrates Court as a as a baby lawyer being the free lawyer that has to pretty much take all comers but the thing I think that's really important about that work and somebody has to do that. Otherwise the since you the system doesn't work and someone's got to sit down with these guys and say okay this is what's going on this is an intervention order and this is

Is why? This is why an intervention order is being taken out. And this is what it says. This is what family violence is. And you know, you've got yourself into a really bad situation here and you need to get yourself out of it and you're going to have to, you're gonna have to deal with this. This is not going to just go away, you know even just going through the conditions of the order with that person is really important because generally what happens is people are so flipped out when they're

The court and the intervention on this moment, you know that the magistrate will write out to the market conditions are, but they don't absorb it. So yeah. You've got a and then they get their piece of paper and they just kind of fold it up and stick it in their back pocket. And they don't want to look at it. That isn't just clarifying. This is the perpetrator that you have. You said the perpetrator tell all these things. Yeah, so, you know, my job was often to get into a tiny little room, half the size of this room. Where's little Studio that we're in right now? Yeah, with the perpetrator, highly uncomfortable and sit down and go through.

It's like okay you can't you cannot go within 200 meters of this person or whatever. It is like the intervention orders can actually be tailored quite well to fit a person's situation, which is one of the reasons why the victim Survivor is really important for them to get independent legal advice. Because police will often handle that. But police will just do a one size fits all no contact at all and that that's not necessarily going to work. Yeah, you know, maybe they work together, maybe there's children to be dealt with, like someone needs to go there and get Stuff, or there's a pet to look after. So, You know, if I can sit down with a lawyer and talk to someone who can give them some slightly more nuanced advice, an intervention order that's well-crafted as a lot more likely to work than one that's just kind of one size fits all slapped on. Yeah. Checkbox sort of thing won't work. Yeah. Checkbox sort of thing. And look, I saw all sorts, you know, I saw people who were complete cycle paths and I saw people who were just making a mess of their lives and actually really

A lot of those, a lot of those men were not monsters. They were just men that had no skills. They couldn't deal with their emotions. Yeah, they couldn't you know then there was often other stuff going on. There was often drugs those off and gambling. There was often ice there was other things happening but they just didn't know how to deal with start. Then they had a deal with conflict. I'd grown up with really toxic attitudes to women. Yeah. But I must say Say that I was in that system, 10 years ago. Yeah. And 10 years ago is before the manosphere was invented. Oh, so I dread to think what it's like now. Yeah, because I mean, I saw her enough toxic entitled attitudes, but yeah, there wasn't the same sort of egging on that is happening online. Now, then sometimes you'd see young couples coming through and they would, you know, in conflict with each other and things are just go.

Be kind of over-the-top and for those sometimes for in that situation, an intervention order can be a bit of a wake-up call. Yeah, some of those people walk away going. Wow, I've really stuffed up and I found myself in court like in because it's not A Private Matter. Like no cord is completely jam-packed. Full of everybody else's waiting. Yeah. Got to get up in front of all these strangers and have this list of what you've done read out. Mmm. So yeah, it was I found that I work incredibly challenging but and sometimes I was also acting for four victims survivors, because sometimes being laid and the Community Legal Service, have to swap. Just depending on if one of those Services has represented that person before, they can't course. It has to be, there has to be no conflict of interest. So, yeah, it was, it was very, very difficult work. Very, very well in this work, but

But I guess a lot of that went into this musical, I expect experiences it'll come out in this work and I think the same is true of jewels working for Berry Street. Yeah, that's probably a good point to lead into the fact that you have brought in your acoustic guitar, I have, and there is obviously lots of music in the show's. So might get you to introduce the first track on that. You want to play and where it fits into back to me, I music.

Journey of survival and naturally, which is part of Fringe will give the details on where. And when it happens, of course, during a show so yeah, I might throw to you Penelope to do that. You know, what's the first track about? Where does it fit into the scheme of the show? Well, seeing as we've been talking about the intervention order process, I'll play protection all the blues. All right, so this this song is from the middle of the show and this is at the point where she's really, really stepping up and really fighting for. For for her future and her life. All right.

Well, I woke up this morning. And I knew what I had to do.

Yeah, I woke up this morning and I knew what I had to do because if I don't get out of this, I'm gonna wind up dead too. I went back for the kids and a pack of nappies, a handful of clothes, And a second apples, where can I go? Won't someone? Give me protection, please, I rang the number I knocked on that orange door but woman, oh man, said, she knows what I'm fighting for, but it's such a process filling. These forms is them a call the police. I tell my story over and over. I tell it again. Do different work. Tell it to the cops, tell it to the baked. Once I'm on give me attention protection on of those. I spoke to a lawyer right there in the foyer of the Court. Yeah I gotta wait. He's waiting here.

R2, he's just around the corner and now I run before the magistrate, I tell my story over and over until it again. Do different work. I tell it to the cops Telex of the big ones. I'm I give me that action. Please protection honor of the protection. Order of protection.

Well we live can I keep working kids still not in school fix it keep looking make a safety plan. Make a plan to be safe when I'm trying not to spiral back to Despair and hate protection order blue he turns up at my work it turns out

But my home, I'm hyper alert. I'm always glued to my phone. I beam to called a hundred times he preached. The other 99, the photos, his voice, my danger, his choice. I'm racket or more. Every time protection on a blue protection on a blue protection. On a balloon.

Women on the line, a radical intersectional current affairs, programme making space for the voices of women and gender diverse people, featuring in-depth conversations with guests, from so-called Australia and Beyond. Ultimately, we're looking to care for country to continue our culture, to continue our ceremonies, so that our children have a strong sense of self and belonging, just because our marginalization intersects where we're both the table, it doesn't change your white privilege. It doesn't change your students with Village. It doesn't change your able-bodied. People like sex work, the word itself has been such a word with a lot of stigma. However, we cannot ignore that. There are women out there who are making their livelihood out of this job. Listen every Monday morning at 8:30 on 3 CR Community radio 855 am.

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3 CR 855 am 3 CR Digital 3, CR dot org, dot U 3 CR on demand out of the pan with Sally and guest Penelope swales. First broadcasting Moon through one every Sunday afternoon, and as

mentioned for the last time, this season Australian Eastern Standard time soon to be going on to Daylight Savings time. We just heard from Penelope live in the studio, talking about back to me. A musical journey of survival and I will put into the links for the program. Orange door, Vic dot, gov dot a, you for people needing that service and if you've just joined, yes, content note throughout the show today for mention discussion of femicide as part of back to me Penelope. That I mean there was just so much we discussed in the first part of it. Our conversation that just was you know, sort of going everywhere.

For me, I'm just going to go random. I mean if it's and we discussed this prior to the program, you're a Survivor yourself and yet you first, you know, the thing that struck me and I don't know if I could do it. Objectively is you're having to try to represent perpetrators. If it's okay to talk about it I want in whatever degree you want again. What sort of challenges must have that broader all did it and if so what were they had? It feel etcetera.

It takes a number of years to become a lawyer. A lot of what you learn about is, how important it is that both parties are represented because if both parties are not represented in the whole system grinds to a halt. Yeah.

So that's really important. Access to justice is really important, but I think because I had had, it's interesting that something else you said before the show sort of prompted another connection, which I oddly made I had not made as much, but my lived experience was mostly mostly my earlier relationships and

Most severely one that I was in when I was about 19 or 20. Yep, 1:19-20, yep. And I was in a relationship with, I was in a heterosexual relationship with a man. It was 10 years older than me and he became more and more controlling us. The relationship went on and this didn't go very well because I'm pretty feisty and stroppy. So we fought a lot. And then those those arguments started to escalate into violence.

And I, you know, when I, when I found myself on the floor with a foot in my face, I thought this is. Yeah, this is I need to get out of the situation and I was able to get out of that situation because unlike now, there wasn't a housing crisis. Yeah. So that made a big difference that I was able to get another place to live fairly quickly and rents just weren't so high. Yep. So, you know, the whole thing of like, get like a me, I just moved in

Which are house. But you know, I'm just getting the bond of the month's rent together and that sort of stuff. I was able to do that. Yeah. And a couple of other things that were really important. I did become pregnant to this person and that was probably when things really started to the cracks really started to show for me that that person already had a job, somebody else. And that had obviously been a very bad scene. So that moment I think I felt like the bottom was dropping out of my world and I was going to be trapped in that.

Situation. And because I was able to access a safe and legal abortion. I was not trapped in that situation, unlike unlike many women, who are you have kids? And I stuck in that situation and the character in the show has fled in fear of her life. But she's had to leave the kids behind, so she can't go very far and she's trying to work out how to go back and get them. So that's a big tension in the show.

So but in my own lived experience I didn't I didn't have that extra copy Yang Factor. The other thing that made things a lot simpler was it? This was before the digital age, it was before mobile phones. It was before. Yeah. You could get be tracked so easily. Yes. So when when I was gone I was gone and I think it made a big difference to forcing him to let go of me that he just They couldn't find me. I was young. He had to be that had to suck it up because I was gone, you know, we were, there were people, he probably could have found me if you tried hard enough because they were, you know, there were social connections, but it was that much easier, you know, it wasn't, like, one of the things that we do in the show is when she's his trying to get herself together, but every time she turns a phone on so that she can do something for herself, the text messages start coming in and she ends up tall phone off again, so that's sort of something that we explore in the show.

And I didn't have to worry about that so much. Yeah, I think I did have Tire slashed. I've got my other ideas about who that who did that. That but but yeah. So there was that aspect. And then another thing that happened later on in my life was actually a little bit, a little bit sideways to it, which was, I had a metamour because I'm Polly, I'm had a metamour who became quite violent and and she became

I'm violent towards the hinge partner who is a? Yeah, male person and she kidnapped our dog and kept that dog in a hot car for three days. And yeah, it was, there was like a is this is good.

This of the brace yourselves is going to be quite a, quite a different story. That's sort of culmination of that, was that she attempted suicide and attempted.

Time to do with her and fortunately that was averted but it was incredibly traumatic incredible.

My gosh here. Yeah. So you know something that and it is something that you do see in the Family Violence Pace when you're working in the courts is it's not it's not just men beating up on women. Some yeah some violence coming back. The other way not as much but it does happen. A lot of what happens actually is. There's a bit of a tit-for-tat that often goes on. So, So the perpetrator might say oh well I want an intervention order against them to and and the court will often give that. Yeah, because I've got we'll just go. Well if that's one more reason that you won't see this person again then fine. Yeah so that anyone has the right to go to the court and ask for protection. Yes.

I went to the court and ask for protection against that person who took the dog, but I ended up withdrawing my application because I was frightened that it would inflame the situation too much, and that's an aspect that we do see back then, that was, you know, 15 or more years ago. Police were not taking it as seriously as they are now. So police do follow up on Intervention orders. More now than they did at that time, but it was kind of odd because Then I was, you know, I applied for that intervention order and I went through that process and I saw a lawyer at court. And at that time, I didn't know that I was going to become a lawyer. So, you know, some, ten years later I was, I was the one who was on the other side of the desk saying, well, these are your rights and this is what you can do. When it comes to representing, perpetrators just a little circle. Back to your original question, I think

I think lived experience did help me in some ways because it meant that I did actually have a bit of an idea about how a lot of those guys tick. Uh-huh, and when you're sitting there with the lawyer suit on and they're at a disadvantage because I've been holed up to the court, you do get an opportunity to kind of

Like I was touching on before to actually say, okay, this is the behavior that you have been committing that has gotten you into trouble and if you keep doing it, you things are going to get a lot worse for you. Because one of the things you need to explain to people is it an intervention order in itself is not a criminal matter. It's a civil matter. No one can look it up. Like, you know, you know perspective employer, for example, can't govern look up with shock and intervention order, but if you breach, the intervention order, then you

Criminal. Justice got a chick. Yeah. And and that's a really important thing to try and drive home to people. As like, you know, you're getting an opportunity here to back away from this behavior and if you don't take that opportunity, you know, things are going to get worse for you. Yeah, so yeah. But, yeah. And honestly, it just hear the most awful self justifications. And yeah, that's all stuff.

The pets thing is hard you know they'll often be just you know. One person is saying I own the dog. The other person's I know. I am a dog and if you can't produce a receipt for whom for the dog, which is I who keeps a receipt for a dog. Well yeah I mean I'm a trained accountant and I'm not sure even if I had a dog and could afford it and could afford to look after it well I'd be probably doing that. I mean short of you know then gets into well who put it on his credit card anyway we go down that track.

And the thing is, there will be an emotional attachment by both what you do. Yeah. Yeah, yeah. And and the family court might be there to sort out the the kids, but there's not a pet Court to

sort out the dogs. So yeah. Yeah. That that side of things and be very awkward. But yeah. Fear of what someone might do to an animal is something that I feel very efficient viscerally because, you know, that's something that happened to me we don't we don't touch on that in the show like a bear. Yeah, there's enough in the show.

There's a lot more ready in the show. But, yeah, it's, uh, it was hard. You know, it was it was hard dealing with perpetrators and it was one of the reasons that I went from doing criminal or into doing mental health, and disability advocacy was to get away from that work. Yeah. And look that was that was difficult in a whole other way. Yeah, because I was representing people who were in a psychiatric hospital against their will and that's there's a whole there's a whole system going on.

On there. That's that. Yeah, I think is maybe improved a bit since I was in it but it was it was definitely very it's where the rubber hits the road for human rights. And yeah, people are being incarcerated by the state. Not because they've committed a crime, but because they're mentally unwell and yeah, someone's decided to take a particular box and yeah, it's as complex field. Yeah. Put the person away. So yeah, the mental health challenges all sorts of challenges, but you're dealing with them in the show, back to me, which is the reason we're chatting today.

Go with your intuition pick another track from back to me to play at this point and I'll get you to introduce and just put the context in for it. Hmm. Okay. So This song is called, I'll be back soon and this is the moment. So she's sort of left the house because she's been beaten up. She goes back because she doesn't know what to do when the kids are there. But she sort of gets a few things to go together and she leaves again, and she sort of has to has to convince this Person that she's just popping down to the shops and the it doesn't run. So, and then you like and you'll hear in the song, he goes looking for her and he finds the car but he doesn't find her and he comes back to tow the car. But the car's gone. So you know there's this whole thing that because of the kids she's not far away at any particular point in time. Well and she's and she's just trying to work it out, just on. What how am I going to come on? Going to get out of the situation. So,

So this is this is her rum. It's like a on tiptoe on eggshells, kind of song.

All right, the note was on the table on the back of an old receipt, just popped into town. I said we need bread and meat I'll be back soon. I said I'll be back soon. I signed my name but no kiss He found my car outside of town. The door was open wide. My hat was on the seat and my stuff was still inside, but when he came back to tow the car, it was nowhere in sight. I signed my name but no kiss.

How could I disappear just going into town? What's been missed, there was bread in the basket and the house key on the hook there was made in the fridge. In by the bed, my favorite book. I'll be back soon. I said I'll be back soon. I'll be back soon. I said I'll be back soon, just popping into town. I said back soon I signed my name but No kiss, no kiss.

3 CR 855 am 3 CR Digital 3, CR dot org, dot U 3 CR on demand out of the pan with Sally and guest Penelope swales. And we'll do this at the start of each segment talking, obviously, deep and intense mention of femicide and intimate, partner violence today, so, please look for orange door. Vic dot-gov dot a u & q life is one service for queer people on 1 800 1845 27. I just wanted to touch on that aspect a bit Penelope. Before we sort of go back into the more to the show, you know, you touched on it. A little, I mean there are yes. The will say the absolute numbers because Society assumes hetero heteronormativity and cisgender normativity. But yeah, there is sadly intimate partner violence for all you know, in queer relationships, you know, and Via in one sense violence is violence. But there are obviously there are nuances from my knowledge as an educator that I'm coming to it. What would be your? I'll just get some quick thoughts. You

know, some well, what quick thoughts but some important thoughts is a better way to put it for, you know, via Family, Violence, involving anyone, who is one or more of lgbtiq a plus. Yeah, look I certainly saw it in the courts.

I didn't see it as much and I guess I fear that. I mean, I hope that because there's a dedicated service. Now, there's a dedicated legal service for queer people. Now, you know, I was fearing at the time that maybe clear people who were in violent relationships, were not feeling safe to come forward. Not feeling understood by the system, or not feeling that they could access that system. Not feeling that they could get up in front of a magistrate or speak to a police officer and be taken seriously. Yeah, so I was very concerned about that. We know that trans women are often subjected to much much higher rates of abuse then you really you know anyone else in the Spectrum with the possible exception of Aboriginal women. Certainly saw lots and lots of Aboriginal women in the system. So yeah. Look, it's a, it's a problem. And if you're not seeing those people coming through the, the courts, then you got to ask yourself? Why are they? Are they getting access to that protection and I fear? Yeah, certainly worried that there wasn't enough support there. There's the system that I worked in was at that time, was definitely very set up for his relationships and I don't think it was really don't think anyone was really thinking about it about, you know, what sort of support where people might need them. Might look a little bit different to what was going through. We do have specials Family Violence, courts Nails. I would hope that they would be doing a better job. I was working mostly either in the Melbourne magistrates Court when I started. And then after that, I was out at the Latrobe Valley Court and Latrobe. Valley has the highest rates of family violence in the state. So the character that I put together for this is really based on a kind of Gippsland every woman. Yep, yeah. So I guess I wasn't sort of specifically thinking of a queer character when I put this together though. You know there's no reason why a queer person wouldn't be in that.

Exact situation. Yeah, yeah. Well, I mean you, you know, it is of course, where, you know, one of the things that can happen for well by women, cysts or trans. I'm in a relationship with a male is that, that, you know, is a queer situation. And now, the by woman could be forced to pushed into a threesome. But because to fulfill some guys fantasies blah, blah blah. Yeah. And we do know of that and it's something that happens in hind sentence as that this

Time we are finishing off. Celebrate bisexuality month, as just one example. Yes, certainly issues for trans women, as you say very much there, and of course in the well, the current climate is about as diplomatically as I know that. Yeah. Very much. So, but some, yeah, let's come back to the the character in back to me. It musical journey of survival. So, you know, there's sort of this crisis point and then it's how do I get out and deal with the kids?

Yeah, where are we going next? Mmm. Yeah, so she does secure transitional housing mmm-hmm, and there's a scene in which she we don't actually have a see, the kids in the show, because it's a one-woman show. But she's, she's constantly sort of referring to them and thinking about them. So she arrives, at the transitional housing, she will let yourself in with a key and it's like, you know, it's a bit shabby, but, you know, it's not nothing. Yep, and she had this moment where she's looking in the mirror. And she's She's invoking Nina Simone. Yeah and that wonderful song that Nina Simone saying for many years which is called I got no I got my.

So the first part of the song is, you know, I've got no home. I've got no, all these things that She's suffering from and then the bit that the character till he sings, she's actually singing the bit which is, you know, whatever. Got you know, whatever God. Why am I alive anyway, what have I got that nobody can take away. And then she sort of, basically, looking at her body going.

Well, I've got my hair, I got my head, I got my eyes, got my ears, got my brain, got my nose, got my mouth, and it's that sort of reclaiming of her body. Yep, another her autonomy. And this sort of happens, this happens asked the call comes in to say that, you know, someone brings up and offers us and work. And so, she goes off to work for a first day. And,

And she's it's early childhood education and her job is to, you know, entertain the kids and read them, you know, nursery rhymes and stuff and she reads out Peter Peter, pumpkin eater with

his wife. You know, he lost his wife in a pumpkin shell and she just digs out a little bit and goes off-script and starts to like telling the kids. This whole version of Peter, Peter pumpkin eater where his wife run the way and people helped her to escape and, you know, he gets packing sent packing and yep. And

Yeah, so that's this, you know, we're talking about the very sort of serious nature of the topic, but there is humor in the show. And humor is one of the ways that till he survives, you know, a lot of, that's a lot of it's quite black humor. So at one point in time, she's, you know, sitting in her car and she's feeling really, you know, miserable, it's cold. And she's the only got this skinny little blanket to try and keep herself warm, strum sleep, and she can't sleep, and it's uncomfortable, and it's annoying. And she's sort of, you know, slammed back a bit of Bundy, and then starts playing

No ukulele and she's singing, you know, earlier ukuleles better than a guitar. It's much better than a guitar because your ukulele lady something you can play, when you're living in your car. Well, yeah, I mean, this is, you know, the the challenge here from a performance perspective. This is obviously an intense topic, but he's such a challenging play, like to perform. It is. Incredibly hard is the hardest thing I've ever been.

One, I'm having a name blank. But I do remember the person around 2018 Russ who did, I think it's the dark side of the rainbow about surviving against being a gay male in abusive relationship and getting out of it. Yeah, and I can remember names, but I think that's pretty much the right details and he managed to put his range of musical skills in as well. So it has. But, you know, these are things that we've just got to come across. And this is why we have Arts.

Hmm. So you know, I think it's now finding that balance where you don't make it, you know shallow flip and toxic positivity to be really exaggerated but you don't go too intense. I mean that's yeah and then you've got you know you're a human being to you know you've got all those challenges to work in as a performer. So it just sounds incredibly amazing. Thank you. Yeah look it's a lot it's a big show but happily it ends on a good note. Like it gets better and better.

The Show Goes On. So for me, I think the hardest song is the second one because that's when she's really, she's really hitting rock bottom. Yeah, ones like then, and the sort of, you know, it's not just the sort of grief and despair. It's like she's just rage. Like she's just. Yeah, full of murderous rage. She just wants to kill this guy and then she sort of catches herself and goes well, If I get sucked into being violent, Then he's won. Yep. Yeah. So there's there's a number of turning points. She goes through to sort of help her just get to that next step and the next step in the next step and she transforms through like the I've had to think a lot about the body language. Like I start, I start the show and she's really quite hunched and defensive. She's really cold in on herself, and her body is really tight, but by the end of the show, she's sort of up and proud and, and there's a bit of a bit of a costume change and she's, you know, She's sort of celebrating yourself and feeling powerful and strong again. So and that's, that's what I really want the audience to see. I want to see, I want them to see her personality re-emerge because, you know, when we're in trauma, you know, it's very easy to just be all trauma. And, you know, the things about you that make you, you can get submerged in the things that you are wrestling with. So, I wanted to show that process of her joy, and her spark, and her personality and her, you know,

Of retro music and all that kind of stuff, trying to coming back to the for? Yeah. All right then. Well, that's probably a good lead-in. And to do your third live track and last live track before we go to the last segment. So. Well, fire up the, the vocals and the guitar, and the Capo, again, the kpis, and I'll get you in once again, introduce the track and where it fits into back to me, a musical journey of survival. So, this is a title track and this shows us where she when she lands at the end, she's back on her feet and she's feeling not only strong and herself, but really wanting to celebrate other survivors and say, you know, this this song isn't just for me the songs

for you as well. And I wrote this on many, many, many years ago, this is, this is actually right in the 90s and I wrote it when I discovered that a close friend of mine, had been abused as a child, and I had no idea.

Until she revealed that to me. And I think for me, that was the first time I've ever really become aware of that issue. Yeah, and I was just so amazed and impressed by how she managed to come through that. So that's where this one came from originally but it's been adapted to this show.

Cool.

I got back to me after holding my hand, round back to standing on my feet. Well it got me thinking, thinking about all the years, I wasted trying to soothe him to run a please. De Suite of song.

This paid off songs dedicated to one, I loved. Well, it got me thinking as I'm gonna be too much good, maybe I should dedicate one to myself. This song is dedicated to my capacity to survive. This song is dedicated to my lover being dedicated to all the Hawks like mine. I know. There's a Heart Like Mine. Another hotline words, get back.

Me something. Someone says about something that he's got something to say about people. Questioned me one and simple answers, one in to be told us what to think about it. Some of them taking sides, judging me blaming me for broken vows and broken bones and Broken Dreams where the complexity

Is beyond a loving heart. So, why should I Panda to that spot? This process is frustrating that I have the capacity to survive is pain is compensated by my love of been alive, compensated by other hands, like mine. And if you've gotta unlock, my this song is dedicated to your capacity, to survive. This song is dedicated.

Your mother been alive, get it, get it to other heart, my mind, and it again.

Well, it got me thinking

I hope this gets you thinking.

The law is part of our everyday lives. Including when we buy something, use a service, have a job or rent a house. The law can be used to help protect and support families. When there is violence in the home or disputes over parenting Arrangements. Sometimes you might need to understand the law to navigate specific government systems like Centerlink, getting a residency Visa or if we come into contact with the police Community Legal, centres provide free quality, legal advice and assistance to help people with everyday legal problems. We focus on working with people who are experiencing disadvantaged such as financial hardship. Family, Violence homelessness and discrimination Community Legal. Centres are independent non government organizations and could be found across Victoria and Australia. If you're experiencing a legal problem, your local Community Legal Centre. May be able to help to find a Community Legal Centre near you. Visit the Federation of Community Legal centres Victoria at [www.flcfs.org](http://www.flcfs.org) a 3 CR.

You're listening to 3 CR 855 Am the voice of the community 3, CR Community, radio giving the voice to community since 1976 that is US 3. CR 855 am 3 CR Digital 3, CR dot org, dot r u 3 CR on demand out of the pan with Sally. Once again if anything today has been you know will say distressing or affected you in any way. Please reach out for help orange door orange, door dot, Victor, gov.au And for queer people Q life, including switchboard in Victoria and Tasmania 1-800 1845 27, which leads me to a practical question Penelope swales for the show, back to me, a musical journey of survival. Obviously as we said intense stuff that needs to be talked about, will there be support on the night or each night of back to me if needed? Yeah. So the season runs from

Choose the other 29th to Sunday the fourth. So 2009 to September to the 4th of October on the Wednesday night we're having a low sensory show. So that is to make the show a more welcoming and comfortable place for neuro-diverse people, but it's also there will be a dedicated support person there. So if somebody feels like, they'd like to see the show but it might be triggering for them and they might have to leave or, you know, get up and move around the room or do anything else to look after themselves? I would recommend the Wednesday show you some other shows of people to need to leave, of course they can but it's just very it just made very clear to everybody on that night. Like the audience, all the other audience members will know that it's okay to for someone to get up and leave. So, and it look, it's not a big theatre, so it's not difficult to, to leave you if you need to. So it's at the motley Bauhaus internet, which is a lovely little right? Indeed. Yes. It's on the ground floor there. So it is also, it's wheelchair, accessible as well, good. And yeah, so there will also be information and a bit of support in the foyer afterwards. So, we will have, I'm hoping to have possibly someone from Dura which is the Aboriginal woman's Family, Violence, prevention legal service might be coming along. I'm just talking to them at the moment and I'm also going to approach women's legal service, so they maybe hopefully some people in the foyer to if people need to No more information, or if they feel like, you know, that's made them realize that their own situation is not so great. There will be some information that can help people. Take the next steps. Cool, I think we've got to leave it there because we're just about out of time, Penelope swales, thank you so much for your strength in putting this together with yours distinct and also directed by marking the K. Back to me, a musical journey of survival, 29, September. 4th of October 5:45 to 6:00 p.m. so not too late, either at the motley Bauhaus of fabulous, diversity supportive venue the theater in particular, 118 Elgin Street Carlton, near Rathdowne

Thank you for coming on the show. Thank you so much for having me over really enjoyed. And yep, everyone. I'll have all the contact numbers for support in and as well as of course a link for tickets in the podcast today. If needed once more.

But of course, freedom of species coming up next. I'm sure they'll be interested in pets violence, which we discussed. They'll talk all things, animal, advocacy vegan, and vegetarian and 2:00 rotations. 3:00 clearing the air. 4:00 Salam, radio show, take it out today. I'll give Penelope's fingers and vocals arrest for now, with an something pre-recorded by totally gorgeous on Gordon. The act from a around five or six years ago. Yep, six Is it going now? And I think something that will just bring us uplifted and back in and that's the version of I have a dream. Thanks for tuning in to out of the pan. I'm Sally gold nursed, a difficult and stay happy capture next week.