9. EXHALE with Racerage

**Voiceover**

You're listening to a 3CR podcast created in the studios of independent community radio station 3cr in Melbourne, Australia. For more information, go to 3cr.org.au

**Racerage**

This show was recorded on the land of the Wurundjeri Woiwurrung people. I want to pay my respects to elders past, present and emerging, and acknowledge this always was, always will be Aboriginal land. The genocide here is ongoing. The resistance and strength of the people is ongoing, and sovereignty was never ceded. It will never be ceded.

**LJM**

Hey, hey, hey. I'm LJM from Inkrewsive hip hop crew. This is my song Stay Positive and True to You. And you're listening to 3CR. Aww yeah.

**LJM**

This is the message I want to make clear. It don't matter what you hear. If you make a mistake, your heart will ache, have dinner on a plate but the plate may break. So you know what I've been through. I'm gonna tell you what to do. If you have a lonely heart and you know it from the start, to love yourself and make your mark.

Hey don't lock yourself away. Let me tell you, you're on your way. If you're lonely and confused and you don't know what to do, then just stay positive and true to you, because you'll open your eyes one day, and you'll have something to say. If you're lonely and confused and you don't know what to do then try and stay positive and true to you. Trust in your love and you'll love again, be a friend. Don't play pretend to rise above just like a dove, forget your hate. All you need is love. To be alone but not lonely, to love yourself and you will see. Make a path straight at the pearly gates. Get rid of all your hate and heal your heartbreak.

Hey don't lock yourself away. Let me tell you, you're on your way. If you're lonely and confused and you don't know what to do, then try to stay positive and true to you, because you'll open your eyes one day, and you'll have something to say. If you're lonely and confused and you don't know what to do then try and stay positive and true to you. Find your strength to carry on, stay positive and true to you. Find your strength to carry on, stay positive and true, positive and true to you.

**Racerage**

Stay positive and true to you. That was LJM from Inkrewsive hip hop crew who we are so lucky to have in the studio with us today. The International Day of People with Disabilities here at 3CR 855 on your AM dial.

**Voiceover**

Tune in to Satellite Skies every Monday 11pm til midnight.

**Voiceover 2**

A mixed bag of goodness and chaos focusing on DIY and autonomous politics, underground music, subculture and activism with a different focus each week, of a four week rotation.

**Voiceover 3**

Only on 3CR.

**Voiceover 3**

Hey, it's Racerage here with two members of the Inkrewsive crew, LJM and Andrew. LJM, Welcome.

**LJM**

Hi. Thanks for having us. It's so good to be.

**Racerage**

No worries. So excited to have you. Andrew, how you feeling?

**Andrew**

Good.

**Racerage**

Good. And then from afar on the phone we have Lee, another member of the crew joining us today as well. How are you doing today?

**Racerage**

Good.

**Lee**

Good.

**Racerage**

Good, excellent. Excellent. So this is going to be EXHALE, reflections on rest. We're really excited to be talking to you guys a little bit about rest but also about your upcoming CD launch and life in the Inkrewsive hip hop crew!

**LJM**

Sounds awesome. So cool.

**Racerage**

Excellent, so yeah. Andrew can you tell me a little bit about what brought you together with Inkrewsive hip hop crew, how did you become part of it?

**Andrew**

I became part of the Inkrewsive crew from Phil.

**Racerage**

Phil, from Phil?

**Andrew**

Yeah, from Wild At Heart.

**Racerage**

Yeah, definitely. With Wild At Heart. Sounds like they've got some really cool stuff that's been been happening for you guys with the crew.

**LJM**

Sure do.

**Racerage**

Lee, what led to you getting involved with Inkrewsive?

**Lee**

I like doing dancing with my friends.

**Racerage**

LJM, how did you become part of it?

**LJM**

Well, I was actually attending a class of Wild at Heart at Sol Green Center. We all got together and then I was chatting with Andrew and he's gone "I'm a part of hip hop". I went "Oh really? Do you reckon I could join?". And he goes "yeah". I went "Okay!", so I just went along and continued to go about dancing.

**Racerage**

Deadly. So you roped her into it, Andrew.

**Andrew**

Yeah.

**Racerage**

Excellent. Cool. What's it been like recording the album? How's that been for you?

**LJM**

So good. It's been amazing. It was just like, I watch a lot of Rage on Saturday mornings. And I just go "Yeah, I want to do that". So that was just the icing on the cake. And to make the whole album, the way that it has gone. It's just been amazing. Yeah.

**Racerage**

Deadly. And Andrew. How's it been for you? What's it been like recording an album?

**Andrew**

Recording an album? Really great.

**Lee**

It has been great and fun.

**Racerage**

Yeah, fantastic. Sounds like you guys have had so much fun. Before we were chatting a little bit about dancing, that you've been dancing in the hip hop crew LJM.

**LJM**

Yeah.

**Racerage**

 You like to dance?

**LJM**

I grew up going to ballet and tap and rock and roll and just doing that type of thing. And then I just sort of go well, I might just take up dancing. I did a little bit of ballroom dancing as well.

**Racerage**

Oh, wow. So many talents.

**LJM**

Yeah.

**Racerage**

Excellent. And you get to you get to explore that as part of the crew too.

**LJM**

Absolutely.

**Racerage**

That's so cool. What are some of the messages in your music? What do you want people to take away from when they hear your songs?

**Andrew**

You, one of the songs, like, if you want to express yourself. Yeah.

**Racerage**

Yeah, deadly. Your song "Express Yourself" is all about that, hey.

**Andrew**

Yeah.

**Racerage**

What else do you talk about in your songs?

**Andrew**

I talk about friends, family, my dog Scotty.

**Racerage**

Yeah. And Scotty is a little, what did you say before, Jack Russell?

**Andrew**

Yeah, yeah. Jack Russell.

**Racerage**

Excellent. That's so deadly hey. How you can just talk about all parts of your life in music. And Lee, your song "Champion". We're going to be hearing that a little bit later in the show. But what are some of the messages in your song that you've written?

**Lee**

To make things happen.

**Racerage**

Deadly. Yeah.

**Lee**

It makes me happy to learn. Writing and talking to friends and chill out.

**Racerage**

Yeah. Yeah. Do you feel like when you're expressing yourself, you get to chill out with your friends too?

**Lee**

Yeah.

**Racerage**

Yeah. That's awesome. What about you LJM? What are some of the messages in your song, Stay Positive and True To You?

**LJM**

Being a part of, your whole life, you just need to hang on to expressing yourself. And then also saying, not just positive and true to yourself, but in who you are. As a person who is needing love and support and kindness towards other people, and as having that in your life and it's so important.

**Racerage**

Yeah, deadly. That sounds really powerful. I love the messages in your songs. I can't wait to hear the whole album. And we're gonna give everybody a bit of a sneak preview.

**LJM**

Yeah. Great. Yeah, I hope you all come out and buy the CD when it's out.

**Racerage**

Definitely, definitely. And you'll definitely be hearing it here on 3CR here as well.

**LJM**

Great.

**Racerage**

Today on International Day for People with Disabilities, we're talking a little bit about rest and our relationship with rest as disabled people. How do you rest? How do you prioritise your body when you need to rest?

**LJM**

I'll have a shower. Just before bed. Just relax. Breathe. Do some Tai Chi. Just do some deep breathing and just relax and try to, if you can't relax, maybe watch a bit of TV.

**Racerage**

That always helps hey (both laughing).

**LJM**

There's always Rage on, on Saturday mornings (laughing).

**Racerage**

Excellent. Yeah. What do you do to relax and calm yourself?

**Andrew**

Relax and yeah, have a nice bath.

**Racerage**

Love a bath, always has you feeling so much calmer and better hey. And in your song. Andrew, you talk a bit about painting being calming for you too.

**Andrew**

Yes. Yeah. At least from a visual. Like of my rap, of my song. .

**Racerage**

Yeah. What kinds of things do you like to paint?

**Andrew**

 Like, when I when I feel calm I paint. Yeah. And then it puts me in a trance.

**Racerage**

Yeah. I love that lyric. It's like ,you get to go to that other space. Hey, when you're creating

**Andrew**

Yeah.

**Racerage**

Yeah. Excellent. Lee, how about you? What do you do to relax after you've done a performance or you've done your freestyling? How do you relax afterwards?

**Lee**

Do your writing.

**Racerage**

Yeah, like writing your songs?

**Lee**

Yeah.

**Racerage**

That's such a good way to get all your thoughts out there, and really calm yourself and calm your body. Yeah. When is it that you feel like you're the most relaxed? What do you do to feel the most relaxed?

**Lee**

After I perform.

**Racerage**

Yeah, yep. Just good to get out there and perform and get it all out.

**Lee**

Yeah.

**Racerage**

 Totally. Yeah.

**Andrew**

Yo, my name is Andrew and I'm from Inkrewsive crew. If you're listening to the track, the track's called Express Myself. On 3CR. Aw yeah!

**Andrew**

Yo, my name is called Nicoletti. I'm from Inkrewsive. I love to rhyme words, I love to be heard. Make music, express through the verse. I love to paint, it puts me in a trance.I don't need music to dance. I put on extra vision. I paint into the streets. No risk too hard to find the beat. I'm happy, creative. Easy to be with. Come hang out with me. And you will see this. For you together. Can't wait for the day we're in the same room. Express myself, Express myself, Express myself, Express myself. I play basketball with Ben and Haden, we beat any team. Move and swish.

I go to the gym with Louis, I love hanging out with him. Yeah. With gentle love where no one sees us. I go to church, now I can pray to Jesus. I'm really close with my mum, I'm really close with my dad. I'm really close with my brother. Nicoletti. I'm not a fighter, I'm a lover. I go on a walk with my dog through the bush. I live on a dirt road with foxes and roos. I'm a young man who eats like a horse, we're building a studio where I can record. I make music and art, it's good for my health. I use it more to express myself. Express myself. Express myself. Express myself. Express myself. Express myself.

**Racerage**

That was Nicoletti, aka Andrew from Inkrewsive, with his track Express Yourself, off the Inkrewsive new album made by this deadly Hip Hop crew who we are having a yarn with. We might jump straight back into it. How do you practice self care? I guess that's a similar kind of question. But what other things do you like to do to kind of treat yourself?

**LJM**

Just making sure you get plenty of sleep.

**Racerage**

That's so important.

**LJM**

And getting to bed early so you can get there to rise in the morning and see the whole day through.

**Racerage**

Yeah, definitely. How about you Andrew?

**Andrew**

Yeah, the way I feel, yeah. Calm.

**Racerage**

You like to make sure yourself feeling calm. Yeah. Um, some people believe myths about disabled people. They think that disabled people, we can't be independent. We can't be creative. We can't do deadly stuff. What would you say to those people?

**LJM**

That's not true.

**Racerage**

Yeah.

**LJM**

You can do whatever you put your heart and your soul and your mind to. And just don't listen to, what do they call them, trolls. Don't listen to the trolls. Listen to your heart and follow it. And just trust in yourself. And you can do whatever you put your mind to.

**Racerage**

For sure. Yeah. That's so important.

**Lee**

People with disability can achieve, we can do this.

**Racerage**

Definitely, yeah. That sounds like a really, really strong message in your music about you know, you can do it, and you can be the champion, hey.

**Lee**

Being a part of hip hop is a good thing, it makes me happy.

**Racerage**

Definitely. Yeah. Your crew seem to be really showing everybody that hey. You guys are doing so much deadly stuff, with your amazing music videos and going out there and doing stuff with kids and that. You're really showing everybody how talented. Yeah, for sure. What is the best part of being a hip hop crew for you, Andrew? What's the best part of being an inclusive?

**Andrew**

Like verses of the crew. Like performing. Yeah. Performing.

**Racerage**

Yeah. And Lee, what do you reckon how about for you?

**Lee**

My fear was to let everyone know how I feel. I am happy to say what I want to say.

**Racerage**

Yeah. Yeah. That's so deadly. Must be a good feeling. Getting the opportunity to get that all out and across to peoeeple.

**Lee**

Yeah.

**Racerage**

I heard that you're a great freestyler as well. Have you been doing a lot of freestyling with the crew?

**Lee**

Yeah,

**Racerage**

What kind of stuff do you like to rap about when you're freestyling?

**Lee**

How do I feel.

**Racerage**

Yeah. It's important to get all that out there when you're creating.

**Lee**

Yeah.

**Racerage**

Yeah, sounds like it's a really special crew to get to be a part of. So many great people. And I remember just when we were having a yarn before we started recording, you guys were talking about getting the opportunity to go and teach dances to some young fellas. Some school kids. Yeah. How was that?

**LJM**

Unbelievable. Yeah, so rewarding. The kids are so great. Shout out to y'all. Well done. Good job. We'll be back there next year.

**Racerage**

That sounds amazing. Yeah, you guys are doing some really rad stuff. That's so cool. And I heard that you guys have a launch for your album coming up soon. Are you looking forward to that?

**Lee**

Oh, yeah. Yeah.

**Racerage**

 Are you going to be playing Champion that day?

**Lee**

I think the whole thing.

**Racerage**

The whole album. That sounds great.

**LJM**

December the 15th.

**Racerage**

December 15. Cool. And can people come along and and see performance? The launch?

**LJM**

Absolutely. That'd be great to see you all there.

**Racerage**

Fantastic. We'll definitely be putting up all the details on Satellite Skies social media. And I think you said before it's happening at the Meat Market in North Melbourne. So Saturday, December 15th. Be there, check out the Inkrewsive crew. And check out the new launch the CD.

**LJM**

Absolutely.

**Racerage**

Yep. We'll be playing your track here today on 3CR and everybody has to be listening out for that because the whole record sounds incredible.

**Lee**

And it's gonna be on Facebook and social media.

**Racerage**

We'll definitely be sharing that and making sure people get along and support you guys, support your crew. Sounds like you're doing some really deadly stuff. But for those who can't wait until the launch, we're gonna be giving everybody a bit of a treat for International Day of People with Disabilities.

There's gonna be a bit of a sneak peak happening, we're gonna play some of the tracks off the record today. But before we do Lee, can you tell us a little bit about what the lyrics in your song Champion are about?

**Lee**

It's about a genie, yeah.

**Racerage**

And is the genie talking about you? Or is it talking about something else?

**Lee**

The genie talks about everything, he likes to talk about magic and he makes things happen.

**Racerage**

I love that concept for a song it's deadly. And where are fans going to be able to find your music once it's released?

**LJM**

Well, on 3CR (laughing).

**Racerage**

Definitely playing on 3CR, for sure! So make sure you stay tuned. You'll have to check it out on digital platforms too. Once it gets launched after the 15th. Thank you so much for joining me you guys.

**LJM**

Thanks for having me.

**Racerage**

It's been so great getting to have a chat.

**Lee**

Oh, yeah.

**LJM**

Yeah, so cool. Thank you.

**Racerage**

No worries. And we're going to check out one of the songs by the Inkrewsive hip hop crew right now. And that track is Champion by Lee from the Inkrewsive hip hop crew.

**Lee**

Hi, this is the Lee from Inkrewsive Crusade. This is my song Champion and I want to say that disabled people can achieve anything and we are powerful. You're listening to 3CR.

**Voiceover**

If you or someone you care for is struggling with a mental illness or other disability and you need someone to talk to, you can call the Wellways helpline. Wellways helpline is a volunteer support and referral service that provides information to people experiencing mental health issues or other disabilities, as well as their family, friends and carers.

We're here to talk if you are feeling socially isolated, seeking information about mental health or mental health services, or just need someone to talk to as a peer based service. Everyone working at Wellways helpline has lived experience of mental health issues or disability. Wellways helpline is a national service and operates Monday to Friday 9am to 9pm, excluding public holidays. So if you're struggling yourself or struggling to help someone else, please call Wellways helpline on 1300 100 500 That's 1300 100 500. Wellways supports 3CR.

**Voiceover 2**

You're listening to 3CR community radio 855AM on digital and online. 3CR radical radio.

**Wheelchair Sports Camp**

From here to Bangladesh, I bang the best. Minimal fever. Hang the rest, sang the mess. Studied flow, seminal research, rain is less. In pain to guess what’s next not criminal either. Feelin' more eager to stop abusing or losing my leisure until I’m a geezer. Not a believer, nothing’s sincere. Viva la diva, disgusting and meagre. Swallowed a heater, followed the leader’s cadence under surveillance. All in that ass accept indifference. Respect existence or expect resistance. There’s no saving us. It’s dangerous, abide by the laws. Aside from the boss who made 'em up. Dictating trust. And naming us to die for the cause. All competition must be crushed.

Every proposition has opposition. Saviors that’s on a mission. Labourers with no pot to piss in. Hoarders and mortars with border disorders. Minimum wage and a long page with 8 million ways to say can I take your order. Stacking these factories. Despite casualties, mastery liberate. Give or take, notice how gravity will hold us down. Dying trying to make a living. Buying, buying late thanksgiving. Violence violence I am flying high. Escape in guilty habits. Diet try it filthy rabbits. Eying all the profits coming in, filthy riding dirty. Dining from an island WORTHY. Healing by consuming zoom in.

Everything is Ruined. Everything is heavy. Time and time again, polyester cotton. Dying fabrics mavericks. Fighting I want more gimme less. Crying crying tears of Joy toys. Sundays best. Supplying. Multiplying demands supply. Deriving keep on driving. Driving drive away travel more. Fly a plane gas gas take a break. Shake n bake workers rights. Ya right but i’m high can’t complain. Take a number if i die before I'm off I pray the nets don’t catch my fall. Hired and then fired won’t retire 'til I have it all. Life ain't nothing but a job. Oh my God, God the boss.

Everything’s Cheep cheep. Cost steep steep. Move beep beep. Dig deep deep dish. Satellite, stash cash, trash it fast. Underpaid overworked. Runaway most your shirts are gonna fade, I go bezerk. Why am I in such a hurry? Worried, in a frenzy that’s for suresy. Outta sight outta mind. Security currently. Eyes on employees. Get the Currency with urgency. It just occurred to me. We be working working just to make it work. Where’s the closest emergency exit? (Take the stairs in case of fire) (Poor me, poor me, pour me a drink). All these blouses and verses. Houses and purses. Couches and curtains I was raised in the circus. By nurses and curses. Now I just wanna roam around the globe oh so shirtless. I am what the earth is. Running outta resources

**Racerage**

You are listening to 3CR with Racerage for 3CR special broadcast celebrating International Day of People with Disabilities. Just then you heard Take Stairs In Case Of Fire by Wheelchair Sports Camp, one of my absolute favorite crip hop acts featuring incredible Kalyn Heffernan the lead MC with her band, and I just love that track. I love all of the Wheelchair Sports Camp music I've heard so far.

She is a social justice advocate, an activist, a graffiti artist, obviously a deadly MC, who does a lot of really sensory, accessible and generally accessible gigs, being in a wheelchair herself. She has fought a lot for accessibility on all the DIY tours that that band does and just does some really really cool stuff. So definitely check out more from Wheelchair Sports Camp.

And before that we heard Lee from Inkrewsive Hip Hop crew with his track Champion off their new album, that's going to be launching December 15 at Meat Market in North Melbourne. And for now we're gonna dive into some reflection on our relationships as disabled people with rest and I guess all of the loaded ideas that come around it. First off, we're going to kick things off with some words and thoughts from Astrid here on 3CR

**Astrid**

My name is Astrid. I'm a 31 year old white settler living on unceded Wurundjeri land. I'm a disabled trans woman. Specifically, my disabilities are autistic and schizophrenic. I have ADHD, PTSD and depression. And in terms of physical disabilities, I was diagnosed with fibromyalgia a few years ago, but I'm not sure at the moment whether that is still accurate.

Over the years, my chronic pain has lessened a lot. But my exhaustion is still persistent. I often struggle with feeling like my disabilities are enough for me to consider myself as disabled but when I look at how they impact my daily life it feels unquestionable, and the way they impact me is so intrinsically tied to rest. Something I think about when it comes to rest as a disabled person, is how often I don't feel like I have a choice in the matter as to whether I take the time to rest.

**Astrid**

It makes it feel hard to feel like I'm taking the time to rest as an act of autonomy and disabled resistancce or whether it's something that my body mind is simply forcing me to do. It feels like I'm always playing catch up. Or something. How that kind of looks for me is having very little cognitive or physical energy to do much of anything. I'll often go more than a week. Usually a lot more than a week without showering. Wearing the same clothes day in and day out. My bedroom is always in a state of chaos and I feel very little motivation to do the admin required of life and even to do the things I'm passionate about.

**Astrid**

I'll often sleep into the late afternoon and stay in bed all day feeling sorry for myself and needing distraction from triggering thoughts and distraction from a shame that I can't perform life like a lot of other people seem to be able to. I lay in bed, listening to podcasts and watching YouTube videos, wishing I had the energy to make music or do my study or play games.

When I'm studying at uni, getting up in the morning to go into class, I feel like I'm moving through a haze, not quite fully conscious. And there's been lots of times where I've gotten to campus and simply not had the energy to continue moving.

**Astrid**

So I'd find somewhere to sit and half lay down again, and fall asleep. Even though this has impacted my study a lot and made me have to repeat units several times. I'm in the fortunate position at the moment to be on Austudy. And so I don't currently have to work.

And so I'm not yet forced to consider whether I could be capable of reducing the time I need to take to rest but that's something I will have to deal with in time. But another thing that rest springs to mind is kind of how fluid the boundary between dreams and awake are. One of the reasons that I feel like I take so long to get out of bed is when I first opened my eyes, I'm not quite awake. I spend an hour sometimes far longer drifting back and forth between my dreams and awake.

**Astrid**

Once I am out in the world, as a schizophrenic person, there's nothing so distinct about reality that makes it all that different from dreaming. Certain signs will come to me in all manner of ways in the call of a bird, and a sequence of numbers and letters and a cars number plate.

In the words, colours and patterns on a person's clothing as they walk by. All of this feels dreamlike and returning to rest feels like a return to a world where the narrative of the waking world and the day coalesces.

**Astrid**

And this can be really terrifying. Because my dreams are often terrifying, to feel like that barrier between the dreamscape and the world around me, is permeable, is a kind of scary thought as someone who's had intermittent periods of psychosis brought on by a lot of different traumas. At the moment, I'm trying to lean more into accepting what I'm being guided through.

All these stories, that weave together between my dreams and the world around me have to offer, because opening myself up to the possibility of a dream necessitates opening up to everything else. And it's only when I do open up to the experiences of other disabled people that I feel somewhat safe and grounded in my rest. Taking life on in disabled time feels like something I and everyone else deserves to do.

**Racerage**

That was some beautiful reflections from Astrid talking about disability and rest and here are some thoughts that I had on it too, that I recorded in my garden at home.

**Racerage**

The more my disabilities have degenerated over time and unfolded, the more I've been pushed to sit with rest and to sit with unpacking ableist ideas of how my value is so inextricably linked with what I can produce and being productive. With my hypermobility syndrome, Ehlers Danlos. Yeah, it's degenerative over time.

And it just means that my ability to do stuff, to walk, to physically work on any kind of specific thing, is just getting less over time. Being able to dance, being able to do heaps of physical stuff. It's a bit of a catch-22. The more I do, especially, the more I stress. The more my tics play up, the more my tics play up, the more my chronic pain flares up.

**Racerage**

With flare ups, I am forced to rest. And with my burnout and executive dysfunction from ADHD, I'll hyperfocus on things for a while and just push myself to give, give, give. Do, do, do. And then I have to rest. My partner is always saying to me, babe sit down. Just stop, just sit. And I struggle to do that. I don't know where I had this, but I'm sure it was Tiktok. Knowing me. I heard about there being like seven kinds of rest, which was a new idea. And that we need all of those to regenerate and recoup. And I think it was physical rest, socia rest, emotional, spiritual. I don't know what I'm up to. But the one that mostly stuck out to me, was the idea of creative rest.

**Racerage**

It talked about activities where you are getting to just appreciate beauty and just do something soul fulfilling for its own sake. And I think that those are the kinds of rest that I find myself taking to more easily. I'm sure that that stuff I've still got to work on, because I guess it's a kind of rest where I'm still doing.

But yeah, lately, gardening has kind of been that for me. Even when I'm just so low on spoons, just coming and sitting in the little garden that I've made as a memorial to my grandma. That just replenishes my soul, my spirit. And even if that's all I can do, on really intense days when my pain stuff is really bad or my fatigue is really bad. I come away from those moments feeling nourished.

**Racerage**

I hope that in the not too distant future, I'll get more comfortable with other kinds of rest as well and be able to let go of the ablesit ideas that I've internalised that make it hard for me to just be comfortable with letting myself nap when I need to nap. Letting myself just lie there. Letting myself just watch TV in the daytime without having a judgment that isn't even really my own judgment. It's what I've been socialised with. Disabled bodies deserve to rest. We need to rest and we don't owe anybody productivity, not even ourselves.

**Racerage**

Thank you so much for joining me. Spending your International Day of Persons with Disabilities Day here at 3CR and here with me Racerage. A big, huge thank you to Astrid for sharing her vulnerable, intimate reflections on her own relationship with rest and her disabilities. And of course to be the Inkrewsive crew. Everybody at Wild at Heart, Chloe, Phil. And of course, Lee, Andrew and LJM from Inkrewsive and the rest of their crew too.

Thank you so much and also shout out to Shorthand at the Creative Commons music for the music playing underneath my last segment there. Enjoy the rest of 3CR's special broadcast today. Hearing from so many amazing crip and spoony voices, and yeah. Just sending all the staunch, crip, disabled love to everybody on this big day. I've been Racerage. Thanks for tuning in on 3CR.

**Voiceover**

You've been listening to a 3CR podcast created in the studios of independent community radio station 3cr in Melbourne, Australia. For more information, go to 3cr.org.au