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Panoply panorama panpipe pansy aha pansexual knowing no boundaries of sex or gender; sound interesting? Then join Sally on Sundays at noon for out of the pan. All those gender questions making you think too hard? Whether it's transgender bisexual polyamorous or beyond 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 855am digital and 3 CR dot org Dot au

Indeed welcome 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 first broadcasting known through one every Sunday afternoon. Thanks for your company. 3, CR welcomes. You 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 tuning in and for that matter any First Nations people all over the planet wherever you are you are. Aand we acknowledge that the lands were all stolen and never ceded and that reconciliation is very much an ongoing process in which we all play a part. And that acknowledgement has a little bit of extra significance today which we'll get to in a second.

If you wanted to to join in the conversation and perhaps ask questions to the guest I'll introduce in a second lots of ways to do it out of the pan 855 at gmail dot com, you can SMS me, Sally Goldner, who uses the pronouns She her on 6, 1 4, 5, 6, 7, 5, 12, 15. You can tweet at sal gold said so and that's the bottom line. And my voice has held up after two nights of sensational wrestling and look for posts on Facebook, Sally Goldner and out of the pan 3 CR 855 AM Melbourne.

Remember any opinions I express on the show are strictly my own not those of any organization with which I have been or still am associated so that they may be triggering contact and today not sure if anything specific but if there is switchboard is there on 1 800 1845, 27 or rainbow door on one, eight hundred seven to nine three, six seven. Well, very appropriate that we acknowledge country in so many ways, including Midnight Oil from their sensational release, a few years ago now, the Makaratta project and welcome to Gadigal land wherever the lands are on because a really important thing is happening or one is what has happened once and will happen twice and that is the rainbow yarning conversations put on byVACCA and it's something that you may have heard the messages on 3 CR for and I'm joined on 3 CR today from VACCA by Dan pal, Dan welcome to 3 CR.

Thanks so much for having me Sally. I'm really excited about Excellent. Excellent, excellent. Can I just check in with which land you're on to start with and if you're if I'm to ask which pronouns you use, if any

Yeah, of course. So I am currently on Yorta Yorta country. So, I'd like to acknowledge and pay respects to Elder's past person and emerging and extend that acknowledgement to any, Aboriginal people listening today, as well as our non-indigenous allies, and my pronouns. Are he and him? Thanks Dan. Great to have you with us and perhaps, just in case people may not be aware. You never know what? It's like to get the big picture first you're from VACCA acronym In our communities for start with. So you might want to give the full name of that, just this once, but also explain a bit, what VACCA it does. And he's and for starters, let's start there.

Absolutely. Yeah, so I work for the Victorian Aboriginal Child Care Agency. So we are a Victorian Statewide organization who supports children and families to stay connected to their culture and community. And we offer over 75 programs across the state that are driven by principles around self-empowerment, self-determination and giving Aboriginal people the agency to, to live their lives. Yeah.

To have people say a greater chance of achieving their full potential as a full human being, including the First Nations will say part of them as well. And what in particular is your role at Vaca,

Yeah. So my role is, I'm the senior quality advisor, the Igbtiq, A Plus Fort folio. So I support an organization wide approach to inclusive practices for queer. Mop I deliver training across the organization review policy, and then obviously plan events which is our rainbow, yawning workshops, which is what brings us here today. And as mentioned know,

With this been messages playing on 3 CR, but let's drill into detail more than we can, it about much more than we can in a 45 second message. Perhaps, some one place to start might be, was there a sort of catalyst for the, for deciding to do? The three, rainbow yawning workshops that are happening? Or as I say, one has happened. And to the distill to happen.

Yes, we're still still got true to happen in October, so I guess I'll give you a bit of context. So back in 2019 back and made a commitment to the safety. Inclusion, and affirmation of Igbtiq, A+ mob by committing the process to game rainbow to cook rotation. So it was a massive job for the organization. We got a lot of stuff. Trained inclusive practices and in November 20, 21 we actually gains the rainbow teeth and

We could have stopped there. We made sure our programs for inclusive that our staff, which trains, but what happened is, we realize that finding programs that are specifically for queer, mob in Victoria was really difficult. And so, we've decided to step into that space and meet a gap in service provision, so that we can support Korean mob to feel comfortable and confident in their identity, and understand their Queen, that's in the context of culture.

Right? So in terms of service provision, let's just flesh that out a bit. What does that look like in going to the next level of detail when you say service provision?

Yeah, sorry, in terms of what was lacking? What we couldn't? Yeah. So I guess what happened is, we gain grain basic accreditation and as we were going through that process, what was happening is we're getting more and more, not only service users but also start feeling really comfortable and safe to be their authentic selves in a workplace. And so we built all of this momentum to obtain accreditation.

And then once we got it, I guess we realised that finding a space that specifically for queer lgbtiq, a place mob was really difficult. And so what we wanted to do is to step in the into that space and provide an opportunity for queer, Mark to come together to connect with each other and to reflect on their identity and who they are both culturally. And in terms of their lgbtiq, A+ identity.

Right? So, there's that sense of connection but we also looking, for example, in terms of service provision at things like making sure counseling / mental, health practices are truly inclusive. And of these particular to use the parts of the intersectionality would be one other thing that I might throw in there.

Yeah, fish oil. So what's aside from the rainbow yawning workshops which I'll sort of speak about the origin soon what that cat doesn't offer an lgbtiq, A plus C Peak program. But what we've done is made sure that anyone who walks into that is stores or becomes a service user at backup can feel safe. Can feel seen can feel valued and be their authentic selves when they accessing our services? Yeah yeah really really important. It's

That's emerged what I'll say at least slowly getting towards steadily. Over time that, yes, it's important that our sexual / romantic orientation, gender identity expression. Sex characteristics, relationships are recognized inclusively, but people obviously don't want to go to one service for support on one aspect of their multifaceted selves and then go somewhere else on the other where the whole person, where the Unique Individuals, we all are

And I think that's so that's obviously important that people can get that sense of full inclusion. Also, I call it connectedness within and connectedness to the outer world as well. Yes. Short. Well, as an Aboriginal person, I feel very safe and comfortable when I access Aboriginal services. And I am very proud to say that backer is now is an organization that not only, can you feel culturally, safe, and culturally connected,

But you can also come in without fears around your identity and be supported to explore your identity when accessing our services. Yeah. What sort of highlight that leads to a question? I mean what sort of learnings came in along the way in that Journey because that might just be helpful to other services whether there and I use the term broader Community or perhaps their current focus is a little more rainbow what sort of learnings came along with their any standout

Sin that journey to get to Rainbow tick and then people, you know, sort of aiming for total comfort for four people.

Absolutely. So I guess one of the biggest learnings that we had was

It, you cannot support inclusion with one person or having one rolls. So what we did is we established a working group that took into account all the different perspectives of the organization and also took into account all different perspective, perspectives from different identities. And so, I guess the biggest learning for us was that it really takes a team and a top down approach to obtain rainbow tip.

Real commitment and I guess allocating resources and everything that it needs to make sure that it is really meaningful and that it's embedded across the organization and isn't just a tick the Box. Yeah, I'll look absolutely. So, I mean, I can only knowledge young my privilege as someone who is neither Aboriginal or Torres Strait Islander and only coming from the rainbow point of view. We see so much box-ticking where people either add letters or

They'll say oh we've got one by program tucked in a corner or something, but, you know, they say that, you know, we're Where's the by sort of involvement across what I call the length depth and breadth of the organization. And I think that's absolutely no significant shortcoming. I might lead to a questionnaire if it's okay to ask this one, but I'll go with my gut when people want to do Aboriginal and Torres Strait.

On during Collision, what has been your? And you can answer this from a personal perspective if you want of where people might get it wrong. They think perhaps they're on track and perhaps not. Is there something specific in that light for Aboriginal and Torres? Strait Islander inclusion.

There were you see just see the same thing and caps get a do it get a bit headdress e so to speak. Yeah. So I guess we're with any sort of inclusion in this city. That's really about giving the agency back to the group that you're

Porting. So it my advice to any non-indigenous organization, who wants to improve their services, to be more culturally. Safe, is engage the voices of First Nations people, listen to them. Let them be a part of guiding the process because for too long. Aboriginal voices, haven't been hurt. And so now what what allies ship as an organizational, a ship is as individuals is really allowing that space for the community to speak to them.

Wilson and raising that platform if we need to as a lie. So that the community can speak for themselves. Yeah, it's an interesting thing. When we are dealing with diversity that you've got to be able to move seamlessly from being the speaker, / leader to The Listener, / Ally in without, you know, in a very seamless way, and it's not an easy thing to do, you know, that's what I was about to say. It's very, it's very tricky, but I think

You know, if you make a commitment to it then it is very achievable as well. Yeah. And that I'm going to lie, there's one more question, a small, not quite going down the rabbit hole, but we'll say going down the rabbit hole with a safety rope on. What sort of things help make that commitment work? Better I suppose is that is the really critical thing here. Now, what sort of puts that commitment to quote a favorite saying of mine from Thoreau? If you build castles in the air, your work need not be wasted, put the foundation.

Underneath, what puts the foundations under that commitment of learning how to switch seamlessly from being weird leader to Ally,

Yeah, so I guess it's really around. What when when we make that commitment is owning up to the resources that I guess that commitment needs. If you're going to make the commitment, it's one thing to say on community to cultural safety of Aboriginal people. But then that's a different thing to go. I'm committed to cultural safety and they, the resources, we're going to put in to making sure that our services are culturally safe. So I guess if

Going to make that commitment, you need to be prepared to to nourish the commitment and give it everything it needs so that it can turn into something meaningful and not slip into that tick. The Box category there there enough yet. Well, let's think drilling to what brought us brought you onto the 3 CR Airwaves today. I'm talking with Dan pal from vacker about the rainbow yarning workshops and that's sort of what brought us to this conversation today. Tell.

Us about that one. Let's really get down to the, you know, the sort of will say, grass, roots are all in relation to the yawning workshops. Yeah, so after we obtained rainbow tick accreditation and we were really excited. We wanted to address that Gap in community. So what we did is we applied for a government grant, which we were successful in our application to be able to facilitate a series of three workshops for we're queer. Aboriginal and Torres Strait islands. And what

And so what the workshops aim to do is to strengthen our cultural and out queer identity and recognize the intersection our identity and celebrate that. We want to provide people the opportunity to connect with other queer mob, so that you don't feel so alone in understanding who you are both culturally and as an LGBT IQ A+ person and we wanted to provide an opportunity for us to have really mean meaningful and

Safe conversations around the issues that are affecting our community and what we can do to sort of address these issues. So we've got a range of guest speakers. In our last Workshop, we heard from Tony bonus Brown, who spoke about burnout in terms of advocacy and have the Cadence that lgbtiq 8 plus cultural inclusion inclusion. And in our upcoming workshops will be hearing from Ricky Spencer, who is an amazing advocate for First Nations.

He pull lgbtiq 8 plus people and people living with a disability will also hear from the take a little who is based in Sydney and we'll speak about their the first experience they had around where they felt like they can their culture and queer identity connected when they went on the First Nations float and Mardi grass. And then we'll also hear from the Victorian commissioner, lgbti 28 plus identities.

And communities tied, Fernando who will support my to understand what services are available to support them. And what to do with those Services, aren't up to scratch and you feel uncomfortable or unsafe when accessing these Services. Yep. So look there's you know, there's that. I mean lots of great stuff in there over the three weeks now. All the three three days. Now, one has happened. That was last.

Second, the and but there's no obligation for people who are both parts of Aboriginal and rainbow communities to attend all the all three it was there has to be times as little or as many as you want. Yeah, big commitment of course, in terms of time and probably more than perhaps even more. So we'll say emotional energy. It could be exhilarating, but it could also be challenging as well.

Well, you know, you know, you know, sort of bring up spring up, stuff that can happen when in these situations in a safe way, but having had the first one, I'll ask there any points that came out that you can offer will say, as teasers as to be good moments. So far, learnings, you know, big big things that stand out.

Yeah, absolutely. So just sort of going on what you were saying is a very big, emotional commitment. And personally, the week before we had our first Workshop, I had a very hard week and I was really struggling and I thought you know, I'm about to step into a space where I need to be very vulnerable around and brave around. A lot of people, how do I feel about this? And what I found is as soon as I stepped into that Workshop, I felt really safe being around

And so, I guess the, what we've drawn away from the first Workshop is that once you're in this space, you really can open up. And, and we seen that through participants who were brave enough to be vulnerable and share their stories and feel supported by people who really understood the complexities of this intersect in our identity.

Yeah, yeah. Very, very much. So, I can bring up lots of emotions. So, before we give us really, and we do have well-being support available at the workshop. So, you know, we want you to feel safe enough to step into space and be vulnerable but you're not going to leave or Workshop feeling unsafe or unsupported. You know, we're going to go through this journey together and then make sure everybody's safe and feeling really comfortable in.

Before leaving. Yeah, which does does lead to question? I mean, you know, we've got two parts of identity being rainbow and Aboriginal and Torres Strait Islander at the center of the intersection here, but of course, people are very multifaceted. So now it's sort of safety for neurodivergent and inclusion regarding disabilities. Now, I'm thinking of you know knowing Wiki Spencer a little as I do and how intersectional they are. So I

Now I'm there's sort of inclusion arranged on that front as well. Absolutely. So we're having short that all of our workshops are accessible. And what we so as a neurodivergent person myself, I have ADHD sitting down for a whole Workshop is a challenge, so if you were to come to our workshops, it's a space where you can. If you need to stand up, walk around, take a break. If you need clarification. It's we want

Everyone who can be involved to be involved and we're willing to do whatever we need to to make sure that somebody voices heard, excellent? So before we say, the sort of win Warehouse of how you can get involved in the last two workshops, just anything else, more broadly, you wanted to add about? That's your role or the rainbow yarning Workshop. Stan.

Yeah, so I guess if there's a message more broadly, it's that we're heading in the right direction, we're all on the same team and let's support each other. Whether you're a mainstream organization or an Aboriginal Community, controlled organization, or lgbtiq, a plus organization, little lean on each other and, and improve outcomes for everyone including Queen. Maud. Absolutely. So, for those who are part of the

Two intersections in question and the rainbow yarning workshops. Let us know when and where they're on, and how people can get involved in the last two next weekend, in three weekends time. Absolutely. So the next rainbow yarning Workshop will happen on the 15th of October in at Collinwood children's fun and it will run from 12 to 4 and then our final Workshop will be on the 29th of October and that will be hosted.

It at the Victorian Pride Center in St. Kilda and so if you're interested in attending or have any questions you can jump onto back as social. So we're back our org on Instagram or on Facebook, where the Victorian Aboriginal Child Care Agency and you'll see links there to be able to register to attend one of our workshops. We're really looking forward to that having as many Queen mob, as we can step into that space tools. And then, you know, I just think that

I think that slowly I'll just I can only come from the point of view of the rainbow communities. We are beginning to slowly will say flesh out fill out the various the intersections more completely. There's still, of course, distance to travel but I do feel. We're on the road and I think this is a really, really important initiative that will come come out of it. And I just the thing that from my point of view as

Someone who is neither Aboriginal Torres Strait Islander is. I just hope we can stay in touch and from my point of view, get the Ally tips. I need to support rainbow. Queer Mob. More will say effectively or successfully because we just I think that overwhelmingly there are lots of people in our communities who are just saying. Oh, I didn't realize that, I need to know something. And so hopefully I'd love to stay in touch with you and Vaca on how we can continue to achieve that.

Absolutely. I'm I'm more than happy to do that and I think Sally what you've done today is is really elevating. Give space for an Aboriginal queer voice to be heard in. That's that in essence, is amazing, allyship. So if any listeners take anything away from this interview, aside from coming to our Mo Yung workshops, it's the way that you've been an amazing Ally for me to be able to speak and that my community. So, I

We appreciate that. Well look like I thank you for saying that, but really the pleasure is really belongs to you and to those at the intersection of rainbow and Aboriginal and Torres Strait Islander communities. So Dan, thank you so much for your time on 3, CR. Today. I'll just get a track rolling and we'll have more of the of out of the pan, which is on 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. Thanks, very much

Do about a voice in our country. Got a reason for screaming out, where's our voice in this country, you know, not that I want to be a part of the Constitution for that. That's why 3 CR is so important to me and this community. Here, we've got a voice, but it's not. Now we're entire into a bigger voice than what we've got, but it's all about having a voice.

Describe the 3 CR fiercely independent and Community controlled.

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Throughout October VACCA is hosting a series of R, A yawning workshops for Aboriginal and Torres Strait Islander communities. The workshops will include guest speakers presenting on a range of topics for lgbtiq, a plus communities and support services to take part visit the Victorian, Aboriginal child care agencies, Facebook page to register

The Victorian Aboriginal Child Care. Agency is a 3 CR supporter.

3 CR 855 am 3 CR Digital 3, CR dot org dot. Are you 3 CR on demand out of the pan with Sally? First broadcasting known through one every Sunday afternoon. Thanks for your company and there was the voice of Dan giving the community announcement for what. We just discussed the rainbow yawning workshops. I'll also

I fly up with the podcast and on the links to it on social media. So make sure you check that out. If you are part of the queer mob, really, really important that we have these discussions and it leads to a thought. I mean, there's been some debates in the last week, over various public debates about, you know, sort of will just say who should hold, which positions and what views are

Fiat. And I mean, I just maybe this sounds incredibly Pollyanna, but why would you have a view that puts a person down because they're from any particular group or puts that whole group

down? And if you're in a position, higher up of leadership and influence, then you take more responsibility and I just maybe that sounds incredibly simplistic. Maybe we have a compliment from complicate things, you know, I try as hard as I can and Lord knows, I am not perfect.

Side knows, I'm not perfect in all non binary options in between. I try as hard as I can to come from a place of kindness in what I do and what I am for and how I do it, that's my motto. I'm not saying I'm perfect, I'm sure I've got it wrong. I know I've got it wrong because frankly, I'm a human being and I don't mind if people make mistakes. And I'm only thing we can do is try to learn from them when people won't learn and won't reflect as I suppose where we have problems and now sir,

Of now I say sure if made mine, but we also need to try to come at things with compassion and I say how we do it because this is where we touched on just touched on this in the conversation with Dan power, where people, perhaps add letters to lgbtiq but then don't really do things fully inclusively, or they won't look at the past or so. One of the other things that can happen is things get covered up with what I call, what is called

Toxic positivity, the put on a happy face. So for example touched on this last week when and this also leads to another question, you know it's all very well to come at things for a place of kindness. How then do you contact counter? Sorry unkindness. Well you've got to call you sometime. You can try to call in as much as you can. But what happens if something doesn't change, you will you do have to pull out in the end touched on this last week with the situation re Mardi Gras and the by community.

And the fact that they're not being called in. So when people aren't being kind, how do you deal with them? Or maybe you have to move away, I don't know. Philosophical thoughts on 3, CR. So there's just some thoughts to keep us rolling throughout the throughout the afternoon, as I say, this is where in the debates that have dominated media this week for the coming back to a queer Focus. The

Ray the CEO for a day, instead of being being the situation of the ascendancy. I mean, he chose his faith belief over. Now, he's other beliefs and his beliefs were not compatible with the values of the Estonian football club now. Yes, Essence HR and recruitment processes need a big overview. How the hell you could not have researched? That's a pun, isn't it?

If not have fun research that properly in the first place. And now at the fact that he couldn't find a compromise, or you could have said, was I disagreed with those particular viewpoints? But no, he tried to defend them. Well, that's incompatible. And no matter how much it's all they're not

influencing his views that essendon. They had the potential to we've seen that before, in many other settings, not just on all sorts of diversity. Where heaven forbid, women are victim blamed for

So I shouldn't go out walking at night while women have a right to go out at night, if they have to and all that sort of thing. So those views can creep into people's perspectives. And I just think that, let's just get back to being kindness. Let's stop debates about using individual freedom for the sake of it. Let's use it. If it is so precious, use it to do something good, which leads to that other side of the coin of taking responsibility for your behaviors, including you.

Your speech which is a behavior. So try as hard as you can, in the words of this next track which goes all the way back to 1996 by any chroma, try to be in a state of grace 3 CR 855 am 3 CR Digital 3, CR dot org dot U. + 3 CR on demand out of the pan with Sally.

We childlike miles in Australia, nationally at a right five times greater than apartheid South Africa, child black males in 1993, the suicide and self-harm rates are the highest in the world. And the life expectancy Gap is the biggest in the first world. You know, Australians don't like hearing the truth about how bad things are. But the more we resolved from it, the longest is going to continue. It doesn't matter.

What you color mind stream? Media is not interested in this stuff. It doesn't find Space to talk truthfully and deeply about issues that affect all Australians. The only place predominantly you will find that with any real depth is on community radio, and 3 CR has been one of the great leaders in that. So, if people are wondering where they should spend their hard-earned cash, I would suggest 3 CR Zapata good place to start. Lots of changes. We need my brother.

Hi. My name is Robby talk.

I'm doing black and deadly and Fridays from 11:00 to 12:00. Looking at all the best, black and deadly music, entertainers and performance, and it's country. Join me. Then I'm 1112, right? A community radio 3, CR 855 on the am dial.

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 first broadcasting known through one every Sunday afternoon. Now Australian eastern daylight savings time. We're into the second week of that for this full season if we can call it that and it's not really warming us up and it's well not really sure it's there's more sunlight that's fighting the curtains and certainly even more. So in other parts of this

Big Island compared to others by goodness rain. Bucketing down left right, center, non-binary and diagonal. Only You few minutes left on the show before freedom of species come in. And they're going to be talking about the science around animals and veganism with the fabulous show that they put on that. It's just part of the Great tapestry of broadcasting at 3 CR. As part of the

3, CR, 40 years book that was published well six years ago already. Now time flies, and all that sort of thing. I have to say that, I sort of, I hadn't really thought a lot about vegetarian, veganism, till oh, you know, sort of the spread among species moved to

One o'clock after many years ago, it was John and Carolyn with curtain up a great show that that was. And now it really got me thinking, you know, you just don't think about these things and then you sort of start to think, what can I do something more? So it's just now I do something just to to that 3, CR does and

Suppose the reason I the other thing that just comes to mind when we start thinking perhaps beyond our own immediate needs, you know, it's just is about I suppose how we look beyond our own particular sense of self. And it's, it's understandable that if you've had a situation where you face some degree of negativity over one attribute, you may have

I'm not a psychologist or a new. What is it a neurologist? But you may have, you know, emotional blockage about something another group, not that that excuses it, but when you're in a position of influence, you got to do something about it. And I'm just going to be quite honest. And open here having had a very difficult situation, the anniversary of which was yesterday where I faced what really was blatant discrimination described

You know, sort of, with an attempt to disguise of a sort of legal technicalities and it's still hurts, and I think it doubly hurts when it's supposed to be in a place where you are in that situation of sort of, it's supposed to be a place that values diversity and doesn't make the effort to improve and that sort of double standard.

Type of thing. I think can be incredibly hurtful and it still hurts. I can't really talk a lot about it. On our, I won't even say why I can't talk about it, but it's just it bewilders me that people can say things that are inconsistent. So, I mean, 20 years ago, for example, we had the ridiculous idea that, you know, gays and lesbians were told. Well, if you just got some conversion therapy, you'd be heterosexual because you don't exist and yet,

Be so much of this gay and lesbians people saying to bisexuals you don't exist because you haven't made up your mind and you sort of go. How can you do that? How can you be inconsistent? I as a set of cut few times on the show over recent months. I coined the phrase selectively woke as I say, we all make mistakes but how are you can't look at yourself, consistently and go. Oh, is that really right? Just as I say, it leaves my little pea brain, sort of exploding.

To some extent. Anyway, just something to think about. So in light of some debates that are going on in our own community in the rainbow Community where that's at the center of the intersection and Beyond the other news of the week. Very quickly is a New York judge has made a ruling about a polyamorous situation, polyamory, being multiple ethical relationships and as far as I know, I think the Polly Vic Discussion Group comes up next.

She stayed, so that could be a place to discuss. It trans anxiety group, transpire coming up on Wednesday, and don't forget to watch queer television on Friday night on 31 / 44 as part of quid media, trance family, for loved ones of trans and gender diverse people. On next Saturday afternoon, trance family, dot org dot. Are you declaring my interest as a Committee Member and so things coming up in the next week? Anyway I'd better move out of here and make way for freedom of

Of species. And as I say, they'll be talking the science around animals and veganism. And also got to say hi to Freedom species and out of the blue out of the blue, covering the Marine use prior to out of the pan as they always do. From 11:30 to noon, every Sunday and Adam will be hosting freedom of species today and yesterday was happy Octopus day. So I don't have Ringo Starr singing. Octopuses Garden because I mean to consistent with today's theme take it out with Neil Murray and the track Eddie Mabo. Thanks for tuning in to out of the pan. I'm Sally Goldner catcher next week.