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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 will throw those questions into the pan and cook up the answers for you. So go on push that gender envelope. Only on 3 CR 855 am digital and 3 CR dot org Dot au.

3 CR 855 am 3 CR Digital 3 CR dot org dot au, 3 CR on demand Out of the Pan with Sally first broadcasting noon, through one every Sunday afternoon. Thanks for your company. 3 CR, proudly broadcasts from the lands of the Kulin nations Wurundjeri and Bunnerong people's and we pay respect to elders past and present. Hello to any Aboriginal, Torres Strait Islander, First Nations people tuning in, from lands, all over the nation, all over the planet, sorry, which will be very relevant today as we'll find out in a second. And we acknowledge that all the lands on this big island and most of the surrounding smaller ones were stolen and never ceded. And that reconciliation is an ongoing process.

I'm Sally Goldner, I'm your host for the show. I use the pronouns she and her and welcome to listeners of all genders, including but not limited to ladies and gentlemen, and we opened up today with KD Lang Black Coffee. I have my, I'm such a latte belt person well not quite, I've got my flat white with one but it's just about finished and giving me energy for the show and other things are too. And the coffee is needed.

As the here in the southern, hemisphere we come out of winter solstice and the days are now 10 seconds longer. It's all, what is it? We're over the hump down here, but we have a guest today on the show over in the northern hemisphere which is why two reasons why I opened with KD Lang from Canada. And also next Saturday, the first of July is Canada's national day so happy Canada National to into those in the Canadian Club. Whoops. That could have been interpreted as sponsorship, I'd better not say that, but it is my pleasure of seriously. I actually first things for a couple of other things.

Before I welcome, my guest, thanks to James that from Out of the Blue diving deep for the marine news every Sunday from 11:30 to noon as part of the out of the blue crew and you can get in touch with the program, lots of ways to do it for immediate effect outofthepan855 at gmail.com SMS 61 456 751215 Masterdon Twitter and Instagram at salgoldsaidso and remember that's the bottom line and look for posts on Facebook out of the pan 3 CR 855 am Melbourne and my page, Sally Goldner, remember any opinions on the show of my own and the slightly longer term way to get in touch with the show? P.o. box 1277 Collingwood 3066 don't expect any triggers on the show today and will mention the numbers if needed. Now I can introduce my fabulous guest who is on the line from the west coast of the Americas. Someone who is, well is real, I think I'm going to say, even though she may disagree,

A, I think relatively well, known for great work in the Melbourne, LGBTI community as a social worker and is now written a book, which is going to tell us about welcome Tracy Whitmore to 3 CR.

Thanks so much Sally, it's all awesome to have you with us a couple of things. First you're you're sitting there I can while I mean I can obviously see the zoom screen but you're sitting there in a wonderful Pride scuff you've just been to a pride event because it is pride month and of course you get to go out and do it in the summer solstice warmth of the northern hemisphere. Do tell us a little about the pride event because we can all we can always hear about Pride events. Yeah yeah I do get to do it in the summer solstice time.

Was which is fantastic. It's been a beautiful day today. Sorry. For those of you in Melbourne it's been, it's been beautiful. So we had will be had actually two Pride events this weekend so one last night which was a Gala to, to celebrate a woman who is a fantastic activist and has been for most of the 80 years of her life and also to raise money to help bring a refugee family queer family.

The to Canada to to safety, which was pretty fantastic to attend that, with a whole bunch of Korea. We are artists and people doing all sorts of fun things last night. And then today was in the park. So, lots of stalls and music and drag queen entertainment and loads and loads of fun. A sunshine. Well, that's what we like to you. But, you know, our turn will come.

Six months from Melbourne will be blatantly will be freezing when it does. Well, that's right and we'll be going on guys. I hope it's not going to be 40 degrees on Pride March like it was in 2018. We still haven't forgotten that and that's 40 cents Celsius. Not 40 Fahrenheit. Hmm. But you know, we it's great and I look I think it is always awesome to hear of Pride events. I just you know I think we need are always need every will say dos their of of queer pride and

And also, I just want to say and I think that's really awesome that, you know, of the intersectionality, they're helping a queer Refugee family, working with to assist a queer Refugee family, that's now greater awareness of privilege and and, you know, sort of intersectionality. So, you know, I think that's really cool. What a great way to start the show and now it's going to get better because we want to talk about the fact that you have written a book called. It's about you too. Let's start.

Start by saying what made you write any book? And then I'll say, particularly this one, let's dive in there. What's a book? Because writing a book come. It's not just something. You know, you just I'll take a day off day off my day job and write a book about it.

Yeah, yeah. I mean it's the idea of writing a book has been a few years in the making the content of the book has changed slightly over those years. And yeah I I think I just felt like it was the best way to get the information to more people so that because I'm only one person so I can't talk to everybody in the world though. I'm

Into talking to as many as possible. So that was that was what drove me to to write a book. Was to really get the information that I included in the book out to more people work. It more accessible. Well, that's that's a fair thought. I mean you can't talk to one person but hopefully, potentially we can reach. Well, I'd love it. If we reached 8 billion people today but we can really stretch some of them through the power of the radio waves and our podcast.

Repeat and on-demand thereafter and now we we need every bit of information. I mean, some of us didn't quit communities. We kind of feel like maybe we've heard it before. But there's always, of course, a family where someone will come out as queer. Particularly and will drill a little more towards the emphasis of your book where the person disclosing something, and you've only covered gender identity and sexual romantic orientation in this book.

So, and I think that's a reasonable thing because variation of sex characteristics is a different can have its differences compared to those attributes. You've spoken, stoneware younger people come out, which gives us a chance to give the again the title of the book and what made you decide to write about that particular area of all the things you've done?

Yes. So I mean the book is for parents of her parent of lgbtqia+. People generally regardless of their age but it does focus in a little bit more where parents are actually still doing the parenting. And like you mentioned, I don't I don't focus in so much on intersex and that is because it is quite quite a different experience and often parents will already know

Information. So it's not as much about coming out or finding out this new information and being overwhelmed. I think they're overwhelm is probably a lot earlier and before the child often even knows themselves. So it's a different conversation. So I definitely work in that space But I didn't Focus the book as much on those things. Do I feel like it will definitely benefit. Well I've been told it will benefit any parents regardless of their child.

Bob's sexuality, or gender, identity, or, or anything else? So, the pet will, the reason behind this was I worked for many, many years supporting young people. So tend to 25 year olds, which then led me to working with parents, as well as supporting parents. And, you know, there's there's been for a very long time, a huge gap in that support in the professional space and I know now there's a lot more people

Support groups, which is fantastic because I think that peer support is really important and that connection and having having people that have a similar experience or end or understanding of people's experiences. But the reason why I chose to write this book was because I was hearing more and more often from parents that they were being told that it's not about you. So when they were seeking out,

Support. And this is parents that are mostly wanting to be supportive, not their child. Just don't know how don't know where to start scared of saying or doing the wrong thing worried about whether or not you know, if they support their child, is that going to be harmful for their child and all of those things. And so what these parents were coming to me and saying, was, there were being told from all avenues that it's not about you, it's about your child. You need to put your feelings aside.

And just support your child and whilst I agree with part of that, it is important for the parent to support their child and focus on their child, and it is about their child. The other reality is that people can't put their feelings aside, especially when it comes to your child. And so, that's not a realistic expectation. And a lot of those parents were kind of shutting down, then not seeking support scared too.

To to explore and ask questions, which is more harmful to their job, because they then can't get the education, the information that they need. And they also struggle to process their own feelings and, and, you know, where their thoughts and values and beliefs are coming from. So that's what drove me to to write this and it's where the title come from from. It's about you, too. So, it is about you too. Yep.

And that's, that's where. So the two is really important, there it is about your child and it's about you and it's, you need to do the work. Yeah. Look Lots in there, just to reiterate that, I mean you can't, I don't believe it invalidating, anyone's feelings. I mean, that's for that can be very hard.

I'm just going beyond our Tusk topic of discussion for a second where the views might appear. And I hate binary is very opposite to your own.

And it can be very hard to put yourself in someone else's position if the feelings seem different, but we're not talking something that hard here and it can and I share my experience as a facilitator of the group, family for loved ones of trans and gender diverse people. Now, this brings lots of bells me, parents turn up, it's all a bit left field and perhaps even more. So for that where their child is, identifying beyond the binary and that can be a bit of an extra,

Challenge. It's while I mean, I thought it was man, but in very bad language for a second man, becoming woman woman to coming man. What's this sort of something else again? And those feelings are valid. And I've seen this time, and again, at the trans family meetings, where someone's very quiet, they pluck up the courage to speak and it's just, you can always, you can see one or two people nudging the boxes of tissues towards them. And then finally, it's like they open up and it's all gosh. There's someone else like that. And they've been through this for years ago.

Go and the relief is there. And we need support for a Journeys in the loved one's Journey parents, or anyone else. Grandparents, and siblings. Siblings is all valid, and there needs to be a space for them. And I say, yeah, I'm with you on that and there'd be, there would be some trans people in particular who might disagree with me on what I've just said, but they have a right to their space. And then the thing that I was going to say is that I use the analogy. A lot of batteries and battery cables, your child wants to plug into your batteries. Well,

If your battery is flat, it's not going to work. But if you're keeping your battery charged and charging at more than that, kids going to sort of, in this case, it's going to go into Top Gear a lot more quickly. Yeah. In a very safe fuel efficient way as well. So I think it's really, really important that we give parents the space. And, you know, you've done that in in this, in this wonderful book, you know, sort of, it's about you to reducing the overwhelm for

It's of LGBTQ+ kids and there's a couple of things that I like first, the first one that I there's a good range of L G and B and then within the t-there's binary and non-binary and everything else that month that obviously is important, but I'd still want to get your your own words on that as to how important that was when you share that when you've shared those stories.

Yeah, yeah. I mean, of course, it's very important to cover everybody stories, and I think I've done. I've think I've done it a little bit in that covering covering each person stories it was tricky, trying to put together stories to try and cover the different. The differ, like, obviously the different gender identities and sexualities, but also the different experiences on the

Levels. So I tried to include where where, you know a partner is not being included in the information sharing. So a child comes out to to one parent and not the other parent or the partner of of that parent. And so there are other experiences as well so that people would, you know, where the was married included or babies being.

Being conceived and you know all the different and developments to people's lives. So and also trying to make sure that I protected people's confidentiality. So some stories that I was going to share that. I decided not to was a little bit because

Their stories were quite unique in some ways and I was concerned about protecting their their confidentiality. So, yeah, but definitely very important. And from what I'm hearing so far from

people who have who have read, they're able to pull out little elements from the stories where they can connect. Maybe the whole story doesn't sound like there's but, but different elements orbitals, which is was my goal, which is great. Yeah.

Well, that's the thing, there's always it could but it's often can be that one snippet, the small is a speck of gold that comes to the surface and that shines through so to speak and gives everyone that OMG light bulb, 24-karat moment. So to speak, where they can go on to a better road, which I think is really important and it's in one sense. Therefore, the book is packed with information and stories. The other part I am think is really, really awesome myself.

Elf is that you've got these sort of grounding tips at the end of each chapter, you know, which is takes another approach because we all know that different people respond to different forms of communication and parts of the brain and you've taken that approach. Tell us a bit more about that bit because that does that just struck me as yeah, really cool. Yeah. Well my focus is in. All of the work that I do is around self care and being kind to yourself. So, I really wanted to make sure that

You know, this actions in there that are more practical in relation to engaging with your child. And then there's what I call terms of mops moments of pores, which are many mindfulness practices where people can just come the nervous system basically so that they can be better place to take in the information. That's that's in the book and try and take care of themselves, a little bit more, and I do want to say in relation to that and

Your last question, the intent of this book. When I started writing, it was going to be the book is going to be between 100 and 150 Pages. Mmm, that was the hope that was the the aim it's turned out to about 280. I think that's right. Yeah. I just kept writing and writing and writing to include everybody and everything but I had to stop somewhere. Well, that's the thing. I mean, this is, I'm, I've never written a book. I mean, it's somewhere

In somewhere, in middle in personal interest to break away for a second, in my bucket list, it's about getting the time and the having the money to do it it would be. And I mean this this specific thing would be about what. But, you know, the thing that I do when I do listen to other writers of any sort fiction nonfiction? Is it can you know to quoted the name of an ed Cooper? Banned from the IDS? The yard goes on forever and you do sort of end up feeling like you could write forever. So,

It's you know, it's a challenging thing which just brings us back to the process of the book in terms of editing and Publishing how how and who and how so to speak there, you know, who helped you out there? And how did you find them? And how did that all go? That's sort of. Yeah, so, it's interesting. You mention, you mentioned budget, what? As one of the things when you're wanting to write, it's having the money to do so, as well, because it can be an extremely expensive process, which I didn't have

Budget. But I also didn't want that to get in the way of this book getting out there. So I've been very, very lucky to have a couple of people edit or me who? So, one person, you know, Suzanne for Elsa. Oh please, she was one of my editors and what my aunt aunt, I actually was a psychologist. So her name's Jane Whitmore. And

And so, I had I edited myself which I'm not very good at editing, my own work, I can edit other people's put on my own, but I hear that most people are like that. So, I went through the first

editing round, then gave it to Jane, and she put her her academic and psychology lens over it, and then I reviewed that then gave it to Suzanne and she put her intellectual and her

To BT Q IO + lens over over it as well. And her and I have worked quite closely together for many years so she knows my work as well. Yeah, so she was able to do that side of it and then proofreading where, you know, 2023 there's plenty of software out there that does that for you, that it's not 100% accurate. So I had to go over and over and over that several times which has been a long. I think, I think I took

Just as long at acting and proofreading as I did writing the book itself and then I'm self-publishing which has been an exciting and interesting process as well. There's been a great learning process on every angle. Yep. I'll look. Absolutely. So and sort of from wall safe before we go to a comment from a listener. From the time you sort of well, I'll say first wrote.

Thing. Yeah, and you're obviously would have had notes in your head for years, but from the time, we really decided to sit down to the time. Whereas as of today that the we can announce that it is all fully published. It is yes and yep. Currently on Amazon and will be in bookstores. Hopefully the wonderful hit. I'm sure the 14 has known as hello Roland if your listing will want to get a copy of this. Yeah, hopefully eyes.

So how long did it all take I'm just I'm just a bit curious house.

Yes, so from from sitting down brainstorming content and mapping out what was going to go in this book and what's going to go into another one? Hahaha was August last year, so it's that 10 10 11 months from from sitting down and having paper spread all over my office for two now, I guess it'll 11 months and probably an accurate. Yeah, well look I I can see your

Now it's looking very tidy and also see people of color rainbow flag in the background as well as also a very nice thing as well. So yeah. Well that's pretty pretty reasonable for a 280 290 page book that it all just came flying out. I must have been on just totally sort of well a bit not quite what's apropos of something. I'm trying to read the book Bird by bird about how to write at the moment. My keep

Eating other books, keep good books, like, yours that I need to read, keep coming along, but I think that, you know, those sorts of things that help people write and write something and write steadily, I think of the go as well, whether it's sort of fiction, nonfiction advice, personal event, whatever it is. Yes how I found, you know, minimum of an hour a day was how I got through that call because once you get going sometimes, you'll if you've got the time you'll just keep

Me. But if you think that if you try and sit down for three or four hours, you know, two days a week or so, that's it feels like too big a job and then you just don't sit down and Cafe is a great for me. Anyway, I like to go sit in the café and right and I could treat myself for coffee to a latte and I look, you're still a true melburnian it, huh? Yeah, I am and Vancouver. Now makes pretty good lattes, which is fantastic for the first time I

I came here, they didn't. That's what we like to hear. Well, I look, I haven't I'm going to digress again. I have a bit of a soft spot for Canada by having been there many years ago in 1994, I felt it was a lovely country that had the best of so many things nature, friendliness history, and a range of stuff to see, and oh, well, good food and good range of beer in my opinion, as well. That's also important for the evening local breweries.

Yes what? And now I'd better not mention a particular brand but there's one brand I think that should be imported into. Australia isn't boohoo anyway. 3 CR Community radio, no sponsorship allowed, but if that Brewery want, if Canadian breweries want to get in touch with me, we'll see what we can do. We probably have a no alcohol policy. I should I should I shouldn't digress too much but you know, it's sort of writing in. Yeah. Just giving that thing I was going to ask something else. Do you write things out by hand first? Or do you type into a

A computer.

Yeah, all on the computer, just sort of have notes in front of me. So what I did to at the start was I just every time an idea came into my head, I would, I would type it. Well if I didn't have something to type it, I would hand write it but then I would put it in to a Word document and then I cut it up all of the ideas into little strips.

And then that's what I had scattered all over my office. Michael and then tried to shuffle them around into two categories to try and create chapters. Well, talking categories is just as well, you didn't have a cat because you know, they would have they would have mucked it up, the cat would have marked it up. Oh yeah yeah I was going to ask something else can and this is a very apropos of nothing and it's sad that it's come to me and I'm you don't have to answer this. It's nothing to do with writing the book. I

Or on the North American continent. Yes, in Canada, which overall and lgbtqa+ has a pretty good record but you are next door to the USA, where we know, there is just so much difficult stuff going on being closer to it. I thought, you know, and this is you can just totally your subjective. Thoughts, you know, what are your thoughts and feelings on what is going on in the country next door to where you now live?

It's heartbreaking. Yeah, in a word. It is absolutely heartbreaking. I assume we hear a lot more here than than what you're hearing there. And I have a lot of contacts in the US as well from, from the queer community and parents and family members. And I mean, obviously some states are a lot worse than others, but it's, yeah. It's, and because this is the work.

That I do. So it's all over my social media. Social media. Yeah. Like I have to be on my social media a lot. So it's it is really, really difficult. There are some, some uplifting stories coming through like in some of the worst states. There there are a few like I think it was Florida a judge has has

Going against some of the bands that were being put forward for interfering with trans health care and that kind of thing. But it's still pretty pretty awful. I don't know, I'm kind of don't have words for it's just. Yeah, devastating. Oh, look, you know, rest assured. I feel that the same and I think that, yeah, there was the news of a federal judge overturning, the Arkansas, law, Banning trans miners Transit Transit.

Minority Health Care during the week which was a glimmer of, you know, sort of a couple of those which is great. Yeah, sort of the sandbags are going to the flood so to speak but it's, you know, we're going to need. Unfortunately, and I need to pile up the sandbags for a bit and then, you know, turn it back and so it is pretty. Yeah, it is pretty awful. I mean, we get a steady flow of news here on it and again, obviously, someone myself just being a little self-indulgent in the Network's, we hear of it and

Just it is, it's my feeling is one of disbelief at the irrationality in the unkindness of it all know, the spin doctor, Dennis, but I think that, you know, just, I don't know. It feels like we're, the mobilization is pushing back here. There was actually a meeting of Victorian. Queer Advocates on how we can start pushing back proactively on Friday, which unfortunately, I was unable to attend and I'm sure that's spreading around this.

This big island and the surrounding smaller ones, very quickly and rainbow Community, angels has set itself up a Revival of something, from the early 2000s which is good, but, you know, it just seems the frustration. We know is, we know what we need to get done and it's not happening. So it's all that sort of thing. But thanks, thanks for letting us know. Because, you know, it can be sometimes, you know, you can read things in newspapers or whatever, queer all mainstream but it doesn't quite feel the same as hearing it from someone who's

Sighs yeah, yeah. I'd like to just say though to just on what you said, there is a lot of fantastic work going on as well. A lot of people doing a lot of advocacy and lot of optimism out there, and I think the disappointment, is that we're still having to do that and give so much of it and against such

I know what the word is. It's like it's just so overt and so disgusting, a lot of the behavior that's going on but but there is a lot of there was a rally protest at the front of a school which just like you said, like I'd it's just disbelief yeah and why people would do that but there was a protest going on around.

Against this. So G I think which is a program that's in schools, educating around sexuality and gender identity and but I hope but there was a whole bunch of people that created like a wall, a protection wall between the protesters and the school so it protected the kids. Yeah. From at least seeing that probably didn't. Well I think they made a lot of noise as well so the kids couldn't hear they kind of drowned out the the anti-soviet.

Protests, which is pretty fantastic. Yeah. Now just coming back to the messages before. We just checking if there's anything else we need to discuss? One of our recurring awesome listeners Kayleen has come in and said just affirmed what you said about. Well said by your guests about support and validation and she needed that for her parents in the 90s was one comment and I, yes, I've heard someone else, I'm Jenny who's a

Another of our awesome recurring listeners has said that I attended QA recently. Yes, I was in the audience for Q&A on ABC TV here on Monday night and you can look for the rainbow scarf and beanie because it was flapping freezing. Jenny said I've never watched the show, what was the purpose of my tenants? Did I get to ask a question? Still, in fact, if engage with the show to initiate real change after the controversy was stand ground, find the show's show direction questionable

Racing is not really a fan anymore. Can understand why Stan Grant left it to will. Let me unpack all that. Yes, I was in QA Jenny. Just hang on there for a second Lee and so I was did a talk Thursday a week ago at a Baptist Church of all places and turned out. Someone in the audience was a producer of that shot of that talk is a producer On Cue a invited me in given that Ruben was in, which is how I got on there. I did submit a question but it wasn't arson. I was going to put it.

Mainly to Bill shorten. And I won't reveal the question because I'm going to keep it as a surprise. If I ever get to ask it again on a future episode. If I go back and there's more queer stuff, I have

to say that now with Pat Corrales in as host at the moment, obviously it's a lot, I found it a lot better. I don't current, I'd better be careful saying this, I can't remember the last time. I really watch QA Jenny and listeners and it did seem like it was a very fair and reasonable thing.

Overall on the show. And there was some, you know, I think more sensible debate yet. The show's Direction has been questionable understand why Stan Grant left it to. Yeah, I know. Do wonder if Stan felt he had to compromise not. And I don't, it's not for me to comment on, Aboriginal issues and racism, apart, from being an ally, but I wonder if his values were compromised having to do some of the things he might have been asked to do. You know, he's perhaps my thoughts there, Jenny.

Was, you know, it did seem like a very steady show and there wasn't anything. There wasn't the cutting over in the silliness that turned me off. QA many years ago, and Jenny, you said, hope I'm nice and warm in the studio. Yes, I am. I have my scarf on and if I didn't have to put the headphones on, I'd still have my beanie on ha ha. So there's that, there's some left messages from our listeners if you want to get in touch with a child, just run through them. Again out of the pan 855 at gmail.com SMS 6, 1 4, 5 6, 7, 5 12, 15,

Tweet mastodons and Instagram. I must remember to post on Mastodon. Still new to that at at sell gold said so and Facebook out of the pan 3 CR 855 am L burn and my page Sally Gardner Tracy. Yeah I think we've got got the book pretty well covered apartment. Let's ask one question before we go to is there anything else? And I'll just say how do people buy the book at this time and hopefully find other ways to buy the book?

In the future.

Yeah, so at the moment, it's available on Amazon and really, that's because it's the most accessible for self-publishing authors. Yeah. So it's available, if you've got an Australian Amazon account, it's on amazon.com .iu. If you some people in Australia, have a u.s. account, so that's just.com. So you can get the paperback version or the e-book Kindle version on Amazon at the moment.

And in the next two, to three weeks, it should be available in some bookstores. I'm not sure all of the book stores because the Distribution Company, I go through, they kind of give you a handful of the list but they don't give you all of the bookstores. So if you are a person who doesn't want to or is unable to order through Amazon, and you're interested in buying the book in a couple of weeks, you'll be able to

Attacked whichever book store that you like to go to and ask them for it and if they then they can contact their distribution companies and see whether they've got it. Yeah. And then so basically when when bookstores get the request through then they go looking for it. Cool. If they haven't already. Got it. Well, I'm so hasn't hyenas down at the pride center with Roland and Greymon.

Shopping darlinghurst. And I am terribly, sorry to our West Australian since I've had a blank on the name of the book shop that provides lots of QuickBooks over there. I think it might be rabble, but please forgive me if I'm wrong. I'm sure they'll get onto it and we can support our queer Outlets, which is always an awesome thing. Yeah yeah I sort of just one last last I'll just I think we've got it all covered Tracy but I'll just check in if there's anything else that you want to add about you know you're with your fabulous book.

I'm sure you could talk for hours and hours on it. But just once again, you know, sort of anything else that you want to add about the wonderful book that you've put out, which is called it's about you to reducing the overwhelm for parents of LGBTQ plus kids.

If there is anything else that you that can't has come to mind. That's all just a last check in. Yeah, yeah, yeah. So I would like to say that this books come out of the, all the work that I do with parents and with queer folk as well. So the the idea for me is to get like I said, get this information out to more people and if people are looking for a bit more support than what the book can offer because obviously reading words in Pages can be really helpful,

But it does have its limitations. So I'm also available for one-to-one work. I'm both a social worker and a coach. So I work from both perspectives and have programs for parents like online program. So being in Canada, isn't isn't a barrier. There's is a do-it-yourself type type programs and then once they're even work with me directly as well, but it's all online. So and

I'm still working with plenty of people in Australia. Yeah, so my business name is indigo Journey. Yeah and it's Indigo journey.com 04 orange. So there's no way I'm on the end, okay? Just to co. All right, Indigo Journey will look that our I'll make, I'll pop that and a link to the book in the, in the podcast link which I think is fair and reasonable. So people can find you. Tracy. Thanks for the book. I have no doubt.

It will turn around one person's life for the better, make it easier if not totally better. That's always an awesome thing. Thank you for all your the work that you do. And well, I'll let you get back to your Saturday evening in Vancouver Canada. And yes just you know, sort of, if you could just email them or Facebook, message me, a couple of degrees from Canada at the moment, just to even out the solstices. Ha, ha, no worries.

Glad to hear the coffee's good. That's always a wonderful thing. And look, just again. Thanks for such a wonderful book and thanks for your time on 3, CR Sunday afternoon, Melbourne eastern time and and Saturday evening Vancouver, Western Us. North American time.

Thanks so much for having this Elliot's, been, fantastic. All right, I'll just get a track rolling and just in your honor. I decided I'd dig out a track from given that it was one of your earlier stamping ground along girl. He's Christian fluid in the Divinyls and you actually covered this. A little in the book where someone wants to come and sleep over. So here's the track, casual encounter, 3 CR 855 am 3 CR Digital 3, CR dot org Dot 3 CR on demand out of the pan with Sally.

3 CR, stay tuned, stay radical 3, CR radio Thorn, show your support during June 20 23. Read them in the full restoration of all indigenous lands and resources and we demand the immediate cessation of all forms of exploitation and destruction of our land. We're here to remind you about sovereignty and our original demand

On day one, I started with intentional genocide of our people around the Round Table in England. It's all lies here. Everything's a lie. It's a great opportunity right now step into a sovereign. Independent republic. We demand a treaty. We demand.

Hello. This is Leroy McQueen and I say it would be a good thing. There was support the radiothon on 3 CR.

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. Nude through one every Sunday afternoon, what a great book. Just, you know, we just so I still say, we can take all the resources, we can get that replies. Also to radiothon, all the not so much for out of the pan. Thank you to all our listeners out of the pan has reached its Target or have a full list in my best, Chris Jericho voice, you just made.

List if you donated but I'll have a full list next week but the station still has dis some distance to travel. So please keep supporting us. I know rotations which obviously doesn't have a regular crew of presenters still has to get a bit more of their target. So there's a show you can donate to and I'll check with some other shows and keep it coming. But remember you still have until 5 p.m. on Friday, the 30th of June because Jim Chalmers said so and as a fully degree qualified accountant

So did I you can please support 3 CR if you haven't already if you have thank you so much. Tell your friends, as I jokingly say, tell your enemies as well. Had another message in from Jenny, thanks for my response here. Pat covers is pretty good. I reckon she's pretty awesome. Hope she's not being subjected to racism or sadly misogyny as an Australian Greek and what Stan went through. Yeah, IBC management could have done better. I've had my thoughts on it.

M' bat throughs before. So anyway, that's just a debate for another time and what else? I hope the Miss Asia Pacific event down in the South Western Suburbs went. Well today, great effort by picks far new, and their team team to put it on. Now, that's been awesome and I just thought just on Old slightly. Lighter note.

Now, I know this is a little self-indulgent, but I'm still on a wrestling high after making my debut for a small promotion as a backstage. Interviewer. Last Saturday night, not at Festival. Hall at Bacchus, Marsh Public Hall. This came through in pride month, it just came through to me in the last four hours just to give the context. And you look at where wrestling has been, which we discussed a few weeks ago on the show. And I had Ken dazzler Dunlop on Australia's first, perfect writer of Australia's first rest wrestling autobiography, and I know,

Openly gay man. Now, Anthony Barnes is in all elite wrestling, arguably the second biggest promotion in North America, he's openly gay and this segment aired in the week during the week and I'm going to play the soundtrack to it. The woman talking to him is an Australian-born woman of. I'm not that that's of huge relevance although the he makes a joke about it. Let's just have a listen to this and show you that times can be a changing.

Hey, Bowens, baby. It's pretty clear that you're into me. I don't think so. If we teamed up with the hottest couple on TV, we'd go on the cutest dates and maybe have a family. All right, cut this enough of this nonsense. Wait a minute, every bone is taken. Did you just say that you think I'm Into You, duh.

Very, very, serious question. Did you get kicked too many times in the head by a kangaroo when you were a kid? Because I don't know if you can see my dear lady. I'm gay.

Crowd loves it.

I had to pry that I know it's a little self-indulgent, but to think that you'd have a chance crowd of wrestling fans in North America, chanting, he's gay, he's gay in a very positive way. I can't tell you how much that move me. The fact that this came up on my feed in pride month and on today, being the anniversary of the first ever use of the rainbow flag in 1978 the 45th

anniversary. So I thought I'd had to play that because we do need some positives little wherever they are.

And big or small or in between and yeah, prior to the message is musically. We played a little longer in honor of the fact that Tracy, our guests and did originally working too long. The late great, Christian Christian flood and Divinyls a casual encounter from what a life, which is a compilation of some of the Divinyls great tracks. I have another Canadian track to close the show today in honor of Canadian national day. Next week, our next Saturday

Yeah, so little things like that. As we mentioned, also a win with Arkansas anti-trans, Healthcare laws being overall by a federal judge as unconstitutional as Daffy. Duck would have said, little Snippets, say all these little push backs, and I'm just beginning to wonder. There was also good piece in crikey on Friday, by a trans writer about how certain relatively right-wing politicians in.

Leah aren't reading the room. I'm not going to name the politicians but it just feels like you know I know it's a lot of chlorine back and we're going to have to stay on our toes so to speak or Vigilant or whatever it is perhaps a better more inclusive phrase to use apologies for that possible ableism there. In fact it was it's not good enough, my unconditionally apologize but let's keep sort of nudge moving forward and making sure that we get it right. But

Maybe people are beginning to just go, this is all gone a bit too far and it's filtering through maybe the you know that's a so we'll have to keep piling up the sandbags so to speak and I wish we didn't. But anyway, we'll keep trucking along this show will keep shopping along. I've got all things that God asks of internet's and web zooms and webs and everything being willing I have lined up for

Next week Great Australian. Researcher and sociologists re1. Connor will be on the show, a fantastic trans woman and I know there's a few research, research Geeks out there, who are going to laugh at, so look forward to that, lots of things happening at the moment. And the next thing that's happening on 3 CR is, of course. Freedom of species are in at 1:00. Rotations are two, who will be rotating in today. We have stay tuned and find out and clearing the air at three.

So make sure you keep it locked on 3 CR for your devices. I'll take it out today with some more Canadian music in honor of Canadian national day next week. Here's a 70s classic from Batman. Turner overdrive, and you ain't seen nothing yet. You ain't heard nothing yet on this show. Thanks for tuning in to out of the pan. I'm Sally goldner. Catch you next week.