

Time to ReBuild S4 Ep 6 - Bonus Extra

Mark: [00:00:00] Mick Cronin.

Mick: Mark Wilson.

Mark: How are you?

Mick: I am very good. Yourself?

Mark: Yes. Na, They're doing well. Doing well. Another season wrapped up and done.

Mick: Yes. Yes. And we're still here. And so yeah, it's, uh, season four, so

Mark: I'm, I'm excited because statistically podcasts only last seven episodes. So to get to, uh, we're up to episode 26 now. I'm pretty happy with.

Mick: 26, who'd have thought, huh? But no it's been good and I've, um, it's been a, um, a good season as well. It's been, um, really interesting interviews. I think we've branched out and learned a lot. You know, I think it was a pretty educational season. Um, I, I felt, anyway.

Mark: I, I feel it's the most diverse season we've had as well.

Mick: Yeah, it definitely is. God, I think we've hit, we've ticked that box. We didn't set out to do it. Like, it just kind of organically happened, didn't it, with how we kind of, um, got our guests.

Mark: Yeah.

Mick: Which is probably interesting for the listeners and how we do get our guests sometimes, [00:01:00] you know, like it can be true contacts, friends, or we kind of will, you know, write our list up

Mark: Yeah.

Mick: Of what we feel we want to talk about and who them people are, and then we, then we send you out and you stalk them for two weeks.

Mark: That's it.

Mick: And then once they get the restraining order, I come in and sign the deal. Uh, no, we don't do that at all. We do not do, do, we don't stalk people. Uh, we generally then just go through, get through a connection. So gimme

Mark: Yeah.

Mick: It's quite exciting, isn't it? Sometimes when we, we know for me, I think as well, I know for you, when we kind of go, "Okay, when can we get to talk to that person?"

Mark: Yeah.

Mick: And then we go, "Okay, well who do we need to get to get to him and or her?" And, and then we just go about it. And I think this season we've been um, support and that's a big share to people that do support us. Cuz there is people that support us to get. Yeah, you can't just do this on your own. You need to have people that can, uh, can, can connect you and so forth. And I think then the great thing is then connections stay. Um, and then they become the connectors.

Mark: Absolutely. Yeah. And to be able to like just take some time outta the week and sit down with people for [00:02:00] you know, hour, sometimes two hours.

Mick: Yeah.

Mark: Um, and just have a conversation about our sector. Yeah. Um, which really involves everybody, you know, if you live in the community, then this would probably be an interest to you.

Mick: Yeah, absolutely. And, and, and we'll go back to what we said at the start, like, we learned a lot this season.

Mark: Yeah.

Mick: Like, and that's what I love about it as well. Like we never come on here pretending to be experts and anything, you know what I mean? We do work and we know a bit about what we do. We like to think we do.

Mark: Yeah.

Mick: Um, but we certainly don't wanna preach that, you know? Um, what we do wanna do is probably raise it or, you know, challenge things and, and put things out there so it can kind of get people thinking. But everyone has an opinion.

Mark: Absolutely.

Mick: People don't have to agree what, what we talk about or what other people talk about on this one, but hopefully along the line it can, you know, stop someone in their tracks a little bit now and again and go, I never started that way. Mm, It does that. I think that's the, that's, that's, you know, a really good, you know, thing for us and I think good for the podcast as well.

So that's why I kind of like this season. Cuz I thought we had some, many, many moments like that. We were like wow, [00:03:00] I mean.

Mark: Yeah, absolutely.

Mick: I would never have known that if I hadn't have talked to you.

Mark: Yeah. Yeah, yeah. Well, this episode is extra time and for those new listeners that, uh, that are coming to us this season, which is, it's been a good season for new listeners. Um, it's probably a good episode to start on because we kind of give a wrap up of each episode, what we got out of it.

You can go back and pick the ones, cherry pick the ones, that you think, uh, would be of interest to you. So yeah, in episode one, we started off really strong, uh, with women working in prison, and that was released on International Women's Day this year, but actually recorded on International Women's Day last year.

Mick: That's right. That's right. We, we, we, uh, we had all the good intentions back then of doing it, and we, we actually recorded just on the day they were having, um, you know, uh, an event in the prison that day. And one of the guests, I think Dr. Sarah Gray, she was speaking at that event. Great speech people said, but we, um, we were facing the challenges of getting the approvals of all that.

So, so that was back in the day. We thought we could do everything quickly. Uh, and [00:04:00] then we realized we had to go through a whole process. So, we held onto this great episode and it came, it still stayed really relevant.

Mark: Yeah, absolutely.

Mick: And so we thought, well, we, you know, it's not often that you can match a, a recording and getting it all out on that day, but we were able to go, "You know what, why don't we just release this one special out?"

Um, while we're waiting to get the rest of the, the ones finished and recorded and, and form part of that season.

Mark: Yeah. Uh, and then on that episode we have Dr. Sarah Gray, Dr. Fiona Murphy, Shannon, uh, who is a clinician in Ravenhall, and also Jess, who is a corrections officer. So four different perspectives.

Mick: Yeah. Yeah. Very different perspectives as well. But I think the, what we wanted to actually really do there was, um, was really give people an insight into a, you know, um, what it's like for females working in a prison.

Mark: Yeah.

Mick: Plus also, you know, um, because I think it would be interesting for people and, and just kind of broke down a little bit of that, you know, um, curiosity of what it would be like.

Mark: Yeah.

Mick: And [00:05:00] I think they were, they're so diverse in their career pathways, um, and such and so strong in many different ways that I think it really just shine a light on, you know, the great work that females do behind the walls, um, and how they're forging careers as well. And we talked a little bit about some of the challenges and, and some of the things they face, but, but generally it was really about their roles, what they do.

Mark: Yeah.

Mick: Why they got into them, why they chose the professions and how they forged and how they've forged careers in that.

Mark: Yeah.

Mick: And, and for Shannon and Jess, how they are looking to forge more careers. Cause they were starting up quite early.

Mark: Yeah, yeah. What, what I get out of that is, you know, like it's a challenging job. All four of those positions that those, those women hold is like quite challenging in their own right. Um, and to hear that the extra stuff that they have to go through on top of it

Mick: Yeah.

Mark: Uh, I really, yeah. And stuff that me and you, um, and from the male perspective wouldn't understand.

Mick: No. Or don't have to go through to that extent.

Mark: Yeah.

Mick: And, and [00:06:00] it shouldn't have to happen, and we don't spend lots of times on it, but it does, you know, it, it was, it was really good to be able to ask the questions.

Mark: Yeah.

Mick: And get that perspective and, and get it from, um, from, from people that have been in the industry for a long time. Especially if you look at Sarah and, uh, Fiona who had been, you know, pretty much working in the industry for a long time.

Mark: Yeah.

Mick: So, yeah, great episode. Really strong and, and, um, and yeah, I think everyone that listened to it was well received. And I think having female voices on the podcast for us was one of the things that we really wanted to do.

Mark: Yeah.

Mick: Um, whether it was females that were incarcerated or female in, in the industry, in working in the industry as well. So I think this was a, a great episode. It was long overdue being released and we were excited to share it.

Mark: Yeah, absolutely. And then brings us to episode two, which was the LGBTQI community in the prison. And we had our guest, uh, fan favorite Noah.

Mick: Yes.

Mark: Uh, who was at the time of recording, he was serving time in prison. Uh, but has since been released.

Mick: [00:07:00] Correct. Since been released. And, and we've been, you know, in communications with him and chatting to him on number of occasions. Stay tuned for, for some of the stuff that he's doing, but great. But yeah, loved that episode.

Mark: Yeah. Yeah.

Mick: That was one that, you know, we originally interviewed Noah for a different episode because in, I think we make reference to it in the podcast.

Mark: Yeah.

Mick: Because I know some people reached out and said, "When did, did I hear him before?" I was like, no.

Mark: Yeah.

Mick: That was just because we interviewed him in a prior one. We sometimes do recordings and in the prison we'd recorded for different episodes and wondering, we were doing, we were floating the idea of jobs and stuff in prison.

And we actually interviewed him in that section, didn't we? And um, it came very clear to us very quickly, um, um, that he was someone who was very interesting, has very, um, very articulate in, in, in how he, you know, the issues he wanted to talk about. And we felt there was more than just that episode and we never really released that episode.

We didn't really get the traction we wanted with it. Um, but we did then know that we could, um, [00:08:00] do a different episode and one that was, we felt far more, um, interesting and far more, um, important to the listeners and, and, uh, and we got Noah on to speak and it was. It was incredible. Yeah.

Mark: He, um, yeah, he's definitely, he's got a really interesting, uh, perspective, uh, from his position in there and he was doing great work as well, and hopefully that, you know, he's passed the baton onto someone that continue the great work in there.

Mick: Yeah.

Mark: Um, but I'm sure that it would've left a, left a, a big, uh, void since leaving, but, um. It's really cool to see as well what he's doing now.

Mick: Yeah. We'll, we'll share it. Um, stay tuned on that one. But yeah, that was really interesting. That one was, I felt that we had a lot of like them aha moments. Like he was just like, you know, being, um, a gay man in the prison and how he was going about it, like and how he was, you know, interacting with other [00:09:00] prisoners.

Mark: Yeah.

Mick: And sometimes that wasn't a bad, it was a bad interaction at the start, but because of who he is and what he kind of felt was the right thing to do, he, he continued to, to to, to kind of have them challenging conversations.

Mark: Yeah.

Mick: And in them challenging conversations became, they became educational to the other prisoners. Um, and yeah, really shine a light on, I think we spoke about it, like how, how he was you know. How he was being accepted there.

Mark: Yeah.

Mick: And able to have these conversations. Cause he had to, because people could not, you can't get away from people.

Mark: You had a captured audience.

Mick: Yeah. So you're there and again, the next day and the day after. And the day after. Whereas in, we were talking about in the community, you can walk away.

Mark: Yeah.

Mick: So I think the big takeout to that one was like, you can learn from the stuff that's, that's being done in the prison and maybe in the community, you know, we're a little bit behind.

Mark: Yeah.

Mick: But sometimes, and you never would've thought that. And we never even entered into that conversation, ever thinking that until we kind of stumbled across it through Noah talking.

Mark: Yeah. Yep. And I think as [00:10:00] well, what what blew me away was having to come out twice, you know, so like you may have come out on the outside, um, and, and you've been, and you've been fine with that, but then you've been thrown into a prison environment, which he referred to as hypermasculinity.

Mick: Yeah.

Mark: Uh, which was a great term. And, and. He's gonna have to, uh - rookie, rookie to stay phones on silent. I was

Mick: Oh, that was the agent. You could do better. I'll just, I'll get back to that later. He's always at me.

Mark: [Laughter]. But, but, uh, with him, you know, like you might not feel comfortable in a hyper-masculine environment to come out.

Mick: Yeah.

Mark: Um, but he goes, "Yeah. So it was like, you know, for some people, they don't come out in prison for that, for that exact reason." Uh, which I found really interesting. Um, and that he said, you know, he knew of, [00:11:00] of just a select few of people, uh, but statistically there should be a lot more, um, you know, in the yards and everything like that coming out.

Mick: Yeah. And he. Like, he's now in the community. He's released doing great stuff, which, you know, um, we can give you a little bit of a snippet that we, we, uh, we, we will be talking to him again, um, cuz we want do that kind of follow on.

Mark: Yeah.

Mick: Um, uh, episode.

Mark: Yeah.

Mick: So that we can actually. Cuz his episode was so enlightful, like it was so enlighting. His episode enlightened us so much that, you know, it was only start of a conversation.

Mark: Yeah.

Mick: And one of the things that resonated with me at the end was when he was talking about like when, if you are from, you know, if you're aboriginal or if you have, you know, from different cohorts or cultural backgrounds and so forth, when you're released, you have a lot of services there to support you, um, and to help you upon that reintegration.

Um, but for the [00:12:00] LGBTQIA community, it, you know, there's what's there? So that was one thing that really left me thinking about, I wanna ask that question again and I wanna see what is that. So his experience now in the community, he's been in the community for a while, is something that we were gonna revisit.

Mark: Yeah.

Mick: Um, so, you know, that will be another interview that we'll look to do. And, and I think we'll learn a whole lot more about, um, what it's been like for him and his community.

Mark: Yeah. Yeah. And nothing warms my heart more than someone that with lived experience than getting into the community services sector to help out other people upon release. Love that.

Mick: He is, uh, yeah, he's one to watch.

Mark: Um

Mick: Yeah.

Mark: Brings us to episode three, uh, with former Assistant Police Commissioner Steven Lean. Uh, which for me very insightful. Uh, you know, to have a police perspective, especially someone with such a, such an experience of 40 years in the force. I was, I was blown away [00:13:00] with, uh, with his take on things as well.

Mick: Steven was great, you know, he's a great person, very generous with his time, very generous, you know, um, sharing his story. Yeah. Um, and yeah,

we've always, again, we wanted the police to get the police, you know, on at some stage. And I just think for someone like to have Steven's kind of, um, insights.

Mark: Yeah.

Mick: And just overall experience of what he's done in the police force, but also what the police force is doing and the challenge of that. That was great. And um, yeah, he stepped us through a little bit of his early days. And then he also then talked about the work that we, he was doing, like and the police were doing in the communities and especially around the, um, African communities.

Mark: Yeah.

Mick: At a time when it was quite heightened, um, quite, you know, media was quite, you know, uh, pushing. It was the Moomba riots. It's all around that. And, um, so he spoke a little bit about, you know, the ways and that, you know, to engage them communities and the ways they want to build it.

Mark: Mm-hmm.

Mick: And, and just [00:14:00] working with youth in general.

Mark: Mm-hmm.

Mick: So, um, fantastic. And then, you know, this is a guy that was, you know, in the control room, you know, for force response for, you know, Bourke Street tragedy.

Mark: Tragedy, yeah. And that was, I think like, uh, for me, like everyone knows where they were when they first heard that, that news. You know, I, I was actually running sports and rec in the prison and then obviously not having any phone or communication on. When I was out to my car, got in, I turned the radio on, I heard it, and it was such a, like a shocking thing to listen and to be in his position to witness and be in control of it all.

I think, uh, yeah, it's a really interesting story and he's got a interesting one to tell.

Mick: Yeah. I was, I remember I was going into the city.

Mark: Mm-hmm.

Mick: At that time.

Mark: Okay.

Mick: Yeah. With my kids, family, we were going to a, um, production, a show. Yeah. And it was like, yeah. As we were going in that day. Yeah. So we get in there just after.

Mark: Yeah.

Mick: It was, it's, you're right. People do know cause it [00:15:00] was such a, such a tragedy, such a yeah, terrible event. But yeah, to have someone like Steven come in and, and share, um, his work, the pressures of that work, you know, what it does, you know, what it's done to him and, and, and now his work outside afterwards.

Mark: Yeah.

Mick: And him as a person was so generous and, and, uh, so, uh, insightful. So yeah, we were very lucky to have that.

Mark: And I think with that episode as well, you know, what he was, what he was talking about in it. And like police are human beings. And I think there was a real connection, which I dunno if we made at the time, but you know, when a person gets released from prison, they've got a label on them.

Mick: Yeah.

Mark: But also police have a label on them as well.

Mick: Yeah, that's right. That's right.

Mark: So I think, um, I think that's something that they share, uh, you know, with, with the community in general.

Mick: And the biggest takeout for that was that blue light discos are still on the go and popular for, for people over, uh, certain ages. So, that's the big one I took away from it.

Mark: Oh, I cannot wait. That's uh[00:16:00]

Mick: They're looking for doing some live MC for mate. I think you're in for it. Your golden voice mate would be beautiful.

Mark: I'll be the DJ.

Mick: You can be the DJ. I'll do security.

Mark: That's it. That's right. Stick with us. We'll be back after this short ad.

Okay, we have our man down on the ground again. Mick Kronan, looking for sponsors. Mick, where are you?

Mick: Mark, I'm in somewhere in the middle of Ballarat today, panning for gold. I can find not a shred of a sponsor anywhere up here mate. And actually I've got bit of no gold that will not be here one toot. I'm out.

Mark: Keep looking, Mick, back to the episode.

Mick: Um, and then so then we, so then we moved into, um, the next episode, which was one that we were, you know, um, looking to do for a while. Um, and, and I think when, when we are very, so, so we're very aware of our [00:17:00] role and our responsibilities in what we do with the podcast and what we speak about.

Um, and really we want to create that, that that platform for, you know, special specialty experts, special experts. We wanna create that platform for people. Um, who have the specialized

Mark: Expertise

Mick: Expertise in these spaces. And, um, one of them was, was obviously we wanted to do an episode talking about, you know, the African community, um, and, you know, the good work that's been done there.

Not always, you know, talking about the, the bad stuff that you see, and we obviously know media representation is, you know, can, can lead it one way. Um, so we got to talk to Ahmed Hassan and Hanad Hersi. And Amad is the, the Young Victorian of the Year. Um, and someone who's got a very high profile

and, you know, from a very young age, um, and does incredible work in the community.

And then Hanad who's just an absolute like star in his community, like, just, just an on the ground absolute force of nature, I reckon.

Mark: [00:18:00] Yeah.

Mick: In how he works and how he goes about it. Um, and that was just an incredible conversation and they both, sorry. They both obviously, um, work for YAY (Youth Activating Youth) so we had, we had a great chance to sit down and talk to them and we, we didn't know where that would go. Most of our, like, to give people an insight, we don't come in with like, heaps of scripted questions.

Mark: Yeah.

Mick: We come in and we ask. We start a conversation. We see where it goes and it seems to be, it seems to have worked okay for us so far. We probably will come unstuck at some stage, but, but, but what came outta that, the biggest, like, there was loads of crazy moments in that, but the one that I think, and now I'm sure was reminding for you as well, was that we started talking about lockdown in Covid and then we started to talk about like when they shut down the, you know, the, the, um, commission flats.

Um, and that was in, I think, Flemington and all your areas. And Hanad was on the ground working at that time and, uh, and was recovering from Covid, um

Mark: In hospital

Mick: In hospital, the community. And then [00:19:00] just hearing that and just hearing it from Hanad just detailing what they were experiencing, what the people were experiencing there. Um, the impacts it was having, the trauma it was having, um, it was like. Like it was just when there moments where you just listening there just going, I can't believe like this was going on.

Mark: Yeah.

Mick: To this extent, you obviously knew a bit, but you never knew that deep.

Mark: Mm.

Mick: So that was phenomenal.

Mark: Yeah, absolutely. I was, I was blown away because if you are only getting your information, I mean, I only knew about it, what was happening from the news. Um, and then to actually hear like a first, first, uh, firsthand experience of what was actually going on was, was crazy.

And, and to Hanad's credit as well, he could have sat there and just, and rambled off all the negative things that had happened. But he, when he was reflecting on it during that episode, he was talking about [00:20:00] how proud he was of the young people in his community, how they were standing up.

Mick: Yeah.

Mark: You know, and they weren't saying, "Oh no, someone else will do it," and everything like that. They were, they were standing up, speaking to media. You know, doing all the hard, like hard work, getting donations and organizing it all. And that was all through young people. Uh, so I was, I was like, the way both of the, both of the guys speak is, it was really, it was a conversation that was meant to go for an hour.

We ended up having to make it a double episode.

Mick: We, we did. Yeah.

Mark: It was so good.

Mick: And I'm so glad we did as well. And, and like, you know, Ahmed always speaks so, um, always so clearly and, and, and he's so articulate in the work that he's been doing, um, over the years with YAY and being the, you know, co-founder and, and now like, you know, continuing to champion that, you know, um, it was just, it was just really great to hear their approach to it.

Um, how they go about, you know, supporting their communities and, you know, the ongoing work that needs to be done, you know, and, and [00:21:00] good work. Like, let's all forget to, let's get some of the negatives out there as well. Like these people are doing amazing work. There's people on the ground every day, and I mean every day, seven days a week, um, who are committing themselves to making communities better.

Mark: Yeah.

Mick: Making people have opportunities to be better themselves and should never lose sight of that. And we should never, always get caught up in the fact that everyone is, you know, is rampaging and it's all, you know, negative and you know, it's, you know, everything you hear is what's happening cuz there's so much more behind it that you never hear.

Mark: Yeah, exactly.

Mick: That is happening twice as much, three times, four, five times as much as the negative stuff. And that's the good stuff.

Mark: Yeah.

Mick: So that was, um, fantastic talking to them, to them, to gentlemen, and again, you know, um, we'll continue to, to talk to them and, and, and hopefully, you know, we'll, you know, probably work together in some capacity going forward as well, so.

Mark: Uh, leading on [00:22:00] to our last episode, which was a host takeover where me and you, uh, sat in the hot seat and, uh, got grilled by our two guest hosts, which was Saute and Rohan. Um, Saute and Rohan obviously worked for ReBuild, uh, and are great colleagues of ours. Um, and I was so proud of the boys, um, in doing these cause I remember asking them, "Hey, what are your thoughts on you guys hosting?"

And like, immediate reaction, they were a bit unsure and everything like that, but, um, but they they took it like a duck to water. Uh, and uh, they were really good and, and just, I really liked it and I said this in a post. I think I really liked it when I could both, like, I could see it click and it was about five minutes into the episode, uh, or into the conversation we were having.

And you know, the shoulders just drop and they relax and then they go, Oh, this is, this is literally just a conversation that we're having. Um, and I [00:23:00] think little moments like that, um, you know, little moments of growth

Mick: Yeah.

Mark: Uh, is really that, that gives me a kick anyway.

Mick: Yeah, that was good. That was enjoyable. It was different, you know?

Mark: Yeah.

Mick: Um, cause you know, we said, ah, you know, you think this will be good for when we do it this way. Then you're kind of in the seat and asking your questions. You're like, "Oh my God, can I answer these now?" So, um, I think, um. Yeah, you're right. I like anything else, if you stick to people in front of a mic and say, "Are you gonna host a podcast?"

And they've never done it. And we didn't. And to be honest, we, they didn't have much prep, like we just said, "Nah, this'll be fine" like we normally do. And yeah, there was a couple of minutes and then suddenly they were in.

Mark: Yeah.

Mick: And then after that, you know, you know, they were like, they were asking questions off the script and, and, and so forth. And I just taught, they did a great job of it. And, um, it was a great experience. I did when I, I don't listen back. You do all the, like you do, you do all the editing. Yeah. Yeah. So, so you sat there listening to a lot of the, you know, conversation anyway back. You get [00:24:00] to hear it. I don't, I don't hear any of these episodes.

Mark: Mm.

Mick: And I don't ask it anymore. It's been since we did at the very start, and I was like, I can't be bothered, really. You know, I trust him. We're gonna do, and, you know, um, it's another error to listen to it and it comes out. So I've stopped doing that and I'll go, Okay, I've put all my trust in you to edit them, um, and you do a fantastic job and you put 'em out. And then I listen to them on the day.

So I don't remember sometimes.

Mark: Yeah.

Mick: Like, my memory's not as great as it used to be, so I don't

Mark: It's not, no.

Mick: No. I don't like, I'm like, I'm, and I'm glad that you're wearing your name badge around you. So that really helps me every week. Um, but like, I don't, so like, when this one came out, you know, you said you listened and go, "Oh, it's a great one." I was actually like, Oh God, what did I speak about?

Mark: Yeah.

Mick: Like, did I go here? Did I go there, you know? And then, and then I listened to it and I was like, yeah, that's pretty, pretty good.

Mark: Yeah.

Mick: Like I was really proud of the episode and really, um, like they did a great job and, and uh, I think the conversation was good and it is, um, yeah, it was nice probably for people to hear their kind of back stories, you know, to a certain extent of what we spoke [00:25:00] about. So that was really good and something different.

Mark: Yeah. Yeah. And then, yeah, we did obviously reflect on our, on both of our careers to like, to this date. Me, you know, in community services and stuff like that. And I think, um, and that was good. It's kind of therapeutic as well. And it's something that we get from the young people in, in, in ReBuild that we've interviewed on the podcast before.

A lot of them say after we've recorded the episode and we switch off the microphones at how therapeutic it was. It was really, it was really nice to, um, tell their story and I think, um, that was the first time I kind of experienced, you know, what they, what they, uh, what they've been through.

Mick: Well, we ask them to. We ask lot of questions.

Mark: Yeah.

Mick: They talk very detailed about their life. They have to. We know sometimes it makes them quite vulnerable, you know, they have to be vulnerable to answer them sometimes.

Mark: Yeah.

Mick: So I think for us to, you know, to kind of demonstrate that back a little bit. We probably had to, didn't we? Um, which I think beforehand we were little bit unsure. I was like, "How much are we gonna go into this? And how much do you need to know and how much do people need to know?" [00:26:00] And so forth. But when you're in there and, and they're asking you, then you just kind of, you know, just answer as best you can and just kind of be as, you know, as vulnerable as you can and, and give whatever information comes out.

And, and then hopefully when you're, you know, as I said, you, you make sure you edit this one good, alright?

Mark: But you raise a great point. Like I, it gives me more, um, more of a better respect, I guess, for the guests because like it is hard to sometimes, like you think, you know, should I say this? Should I say this? Should I say that?

And then if we reflect back on all 26 episodes we've had, I can't think of a time where a guest hasn't been vulnerable.

Mick: No.

Mark: And I can't think of a time where a guest has kind of held back in a way, and that takes a lot of guts. Uh, I found it really challenging and I thought it was gonna be quite an easy episode to record, but it definitely, it definitely, uh, definitely was a challenge.

Um, that, that was just like for, I guess, us personally. Um, to be vulnerable like that. But, uh, no, it was very, very [00:27:00] fun episode. Very good.

Mick: It was good fun. And it was lighthearted as well, and it was, you know, and, um, and like, and as I do for every, like, every season, like I kind of, like, always sit in awe of how you wedge in something sporting that you've done.

Mark: Yeah.

Mick: And I think there was like, I thought we might go this whole season, but I think in the season four in the, when we spoke to Ahmed and Hassan, you did wedge in something to do with playing basketball.

Mark: I did. And people are starting to understand that I am probably one of the top tier athletes in ReBuild. All rounder, one might say, as well with the amount of, uh, different sports.

Mick: All rounder, yeah, that's what. But last pick I've heard it been called is in order of people have said. Last pick, but anyway, you know.

Mark: Well, as my dad always said, I would've made AFL if I didn't sit on the bench so much so.

Mick: Yeah, so don't stop that one. I'm looking forward to what sports you've done when we get into season five.

So, so a of games are coming up soon as well, mate. Just keep one eye on, that's all I'm saying.

Mark: They certainly are.

Mick: Let's keep [00:28:00] one eye on it.

Mark: Um, but that, that, that kind of sums up the season.

Mick: Yeah. It's been a good one.

Mark: Um, yeah, really good. I mean, As we, we probably say this every year, but like we've, we've learnt so much from the people we've had on, which is awesome.

Mick: Yeah. And we, and big shoutout and big thanks to all the listeners.

Mark: Yeah.

Mick: You know, the ones that have stuck with us, um, and, uh, the new ones that have come onboard and hopefully stay on board, um, as well. So, um, we, yeah, we head now towards the, the next season and, uh, and what we will plan on that one, so we're sitting in our little kind of recording booth here, or office.

Mark: Yeah.

Mick: And, and we have a, you know, list of things that we're looking to do. And, uh, so yeah. You know.

Mark: We had a very good friend of yours come on the podcast, uh, Joe Kwon.

Mick: Yeah. Yeah. So, um, so Joe, yeah, great, great guy. And, and we've both seen him before I knew him, we both seen him like do lots of media stuff and, and have followed his work around. So, um, so Joe was the, um, founder, pretty much CEO, [00:29:00] of, uh, Convict Pathways and Convict Fitness. Um, and, you know, Joe's not getting into too much, you know, obviously he comes from an incarcerated, you know, background and, and so forth. But, um, great guy, amazing story, um, and doing amazing work. So that was great to sit down with him and, uh, can't wait to share that with everyone, um, as well.

Mark: Yeah. And we're also looking to get back into the prisons, uh, and record some more episodes in there. Uh, but also with some other organizations that are doing amazing work, uh, on the outside around the justice system.

Mick: That's right. We just wanna shine a light, don't we? Some of the positive stuff been doing, but we, I think the one thing that we've taken from the last couple of seasons and so forth is, is just to continue that part of education.

Mark: Yeah.

Mick: Um, and providing platforms for people to kind of share the work that they're doing. And, and, uh, and I think by doing that we can, uh, yeah, we can, we can help people understand a little bit more why, you know, um, it's important to support young people [00:30:00] that, um, are. You know, in justice system, whether in incarceration or on orders in the community and how we can help them to, you know, become positive members of society as well.

Mark: Absolutely, and I think, um, you know, and as well, please, contact us if, if you've got any ideas of, of who you want to hear from and, and what kind of part of the sector that you got questions about. Uh, and you can contact us through our Instagram page, LinkedIn, uh, or email at the in the show notes as well.

Mick: That would be great. And we're also, um, I don't know if you know this, but we're looking for sponsors. [Laughter]. I can't be doing these ads anymore. Mark's sending me everywhere. So it's, these ads have to stop. So, yeah. So yeah, if you, if you would like to, you know, get behind a little bit what we're doing, maybe sponsor episodes or, or, or become on as a sponsor for, for the podcast as well, that would be amazing.

Like, we've got, you know, big plans that we'd like to do and, and, uh, and we hope that, you know, we can get some, some support in the next, you know, season or [00:31:00] two, um, that can help us achieve that. So, yeah.

Mark: So I think that's it from us here, signing off for the season. But, uh, there's definitely a lot in our back catalog now that you can go back and listen to if you haven't already. Uh, but no, thank you Mick, for, for another great season.

Mick: And you, Mark, thanks as always for, for everything you're doing and, uh, yeah, look forward to getting going and getting recording for the next one.

Mark: Awesome. Take care everyone.

Mick: See ya.