

| Time:   | Transcription:   | Coding:  |
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| 0:00:00 | <p>Samantha: Today is Wednesday, December 4th, 2019. This interview is being conducted in the Glickman Library in Portland, Maine. And then, my name is Samantha Round. S-A-M-A-N-T-H-A R-O-U-N-D</p> <p>Kaitlynn: My name is Kaitlynn Werner. K-A-I-T-L-Y-N-N W-E-R-N-E-R</p> <p>Samantha: And then, our interviewee here is...</p> <p>Sebastiane: I'm Sebastiane, and my name is S-E-B-A-S-T-I-A-N-E... Oh boy... S-A-C-E-R-D-O-T-I hyphen R-A-V-E-N-S-C-R-O-F-T.</p>  | Date   |
| 0:00:52 | <p>Samantha: So, what is your age?</p> <p>Sebastiane: I'm 34.</p> <p>Samantha: And, where are you from originally?</p> <p>Sebastiane: I was born in Israel and I don't really have, aside from Israel, like, a place-place, because I've lived all over the world and for long stretches of time. So, most recently England, and then here.</p> <p>Samantha: Alright, and then... What is your race, ethnicity?</p> <p>Sebastiane: Israeli.</p> <p>Samantha: And then, you are currently living in...?</p> <p>Sebastiane: South Portland.</p> <p>Samantha: South Portland! And then, another question is, What do you describe your sexuality and gender?</p> <p>Sebastiane: I'm a lesbian, and I'm non-binary.</p> <p>Samantha: Okay-</p> <p>Sebastiane: Or gender-queer, gender non-conforming, gender fluid, all of the things!</p> | <p>Age</p> <p>Israel</p> <p>England</p> <p>Israel</p> <p>Portland</p> <p>Sexuality, Gender</p> <p>Gender</p> |

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| <p>0:01:53</p> | <p>Samantha: Gotcha. And then, I guess a big thing: Where'd you grow up? I know you said all over the place, but...</p> <p>Sebastiane: The two main places I grew up were in Haifa, Israel, and San Francisco, in the Bay area.</p> <p>Samantha: And how long did you live in San Francisco?</p> <p>Sebastiane: I spent the... I went to school there, so I spent the school days there, and then whenever I did winter or summer break or spring break, I'd go back to Israel. So it was pretty split between both the places.</p> <p>Samantha: Was it K-12 then in San Francisco?</p> <p>Sebastiane: Kind of. And I lived in Germany for a year, and I lived in Sao Paulo in Brazil for a year, and I lived in France for a year in that time. So it would be hard to say K-12, really because I wasn't there. I mean, so, K through the 8th grade, for sure was in San Francisco. And then, when I left that, I left, 9, and then 10th year I was gone, 11th year I was gone, came back a bit for my 12th year, then I was gone.</p> <p>Samantha: What was the reason for all the moving?</p> | <p>Israel<br/>San Francisco</p> <p>School</p> <p>Israel</p> <p>School</p> <p>Germany,<br/>Brazil,<br/>France</p> <p>San Francisco</p> <p>Bullying</p> |
| <p>0:03:07</p> | <p>Sebastiane: Uh, I was really bullied in school, severely bullied, so my mom thought it was dangerous for me to be in America, and so she moved me out, and I went to go study abroad instead.</p> <p>Samantha: How was your experience studying abroad?</p> <p>Sebastiane: Oh, it was great! It was great. Experienced racism in like 5 different countries, and yeah, (laugh) it was great... I did have a good time. It was great to learn all the languages. I know 14 different languages now. So... and after that, I studied abroad at university, so... I like living not in one place. So it was fantastic.</p> <p>Samantha: Yeah, that sounds fun. Do you want to describe your family a little bit?</p>   | <p>Studying abroad</p> <p>Moving around</p> <p>Family,<br/>Disownment</p> <p>Siblings</p>   |

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| 0:04:27  | <p>Sebastiane: Yeah, I have a mother and a father. I don't know who- well, I know my father, but he disowned me 7 years ago? So, he's dead to me. But my mother. And I've got four other siblings, so two older siblings from my mother's first marriage, and then my other two siblings from my mother and my father.</p> | Siblings   |
|  | <p>Samantha: Are you close with them today?</p>  | Mother   |
|  | <p>Sebastiane: I am not close with the first two, but I am definitely with my younger siblings.</p>  |  |
|  | <p>Samantha: And you're close with your mom still?</p>   |  |
|  | <p>Sebastiane: Sure... (laugh) Yeah, yeah, no, I am close with her. I'm not the favorite, and it's fine, but I am close with her. Yeah.</p>  | Siblings   |
|  | <p>Samantha: Do you and your younger siblings, are you- Do you communicate with them a lot? Do they live around here?</p>  | Siblings, San Francisco, Brother-in-law, Tennessee, Mother, Sweden |
|  | <p>Sebastiane: Nope, my sister, one sister lives in San Francisco, Bay area, still, and I have another sister who, her husband is in the army, so he got stationed in Clarksville, Tennessee. And my mother goes between that, she's based in Sweden, so she goes back and forth.</p>                                      |  |
|  | <p>Samantha: Okay so is your mother... What's she doing in Sweden?</p>   | Siblings   |
|  | <p>Sebastiane: She's retired, so she's living her best life. (laugh)</p>   |  |
|  | <p>Samantha: And then, so, your older siblings, you said you're not close with. Were you close to them when you were younger?</p>  | Siblings   |
| <p>Sebastiane: I was, yeah.</p>  |  |  |
| <p>Samantha: But now...</p>  | Christianity   |  |
| <p>Sebastiane: Yeah, not so much. No. My older brother, God knows what happened to him. He's the oldest, and he, I think, had a nervous breakdown and then just fell</p> |  |  |

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| <p>0:05:47</p> | <p>off the Earth. He's alive! We understand he's alive, but. And my other sister is a born-again Christian, so I have nothing in common with her. And so she's doing her thing in Florida, so no one will visit, 'cause it's Florida. Sorry if you guys are from Florida. (laughter)</p> <p>Samantha: No, not from Florida. (laughter). And then, I know in the...</p> <p>Kaitlynn: Well, I guess since you mentioned it, you said your sister is a born-again Christian, in the form it mentioned that you wanted to talk about religion, so...</p> <p>Sebastiane: I was raised an Orthodox Jew, obviously, I'm Israeli, and my boss was like "How to stereotype!" because I'm from a Kibbutz, also, and that's the most Jewish thing you could be, is a Jew in a Kibbutz in Israel. So that's where I'm from. But my mother, dropped out of the religion, and decided that she wanted to be a Jehovah's Witness. And she was that. I was 14 at the time so I had a Bat Mitzvah, and then she became a Jehovah's Witness. So that was kind of my life from there. And then I dropped that and decided to go back to being a Jew, because that's what I know. So I went back to being Orthodox Jew again. This is an overarching issue, with how I came out. I just recently came out, literally, in August.</p> <p>Samantha: August?</p> <p>Sebastiane: August this year. And religion had a lot to do with that. Because my mother's religion meant I couldn't... And my mother, as I'm kinda close with her, and she's a very important person to me, and so, coming out never happened. I just didn't do it. And so I ended up getting married to a dude, because I was a good Jewish girl, that's what I was going to do. And that failed, and as soon as I came out, the community, because I was living in London at the time, there's a huge, huge community in London, they just kind of shunned me. And that was a real big problem. Although, my ex-husband is my ride-or-die! Like, he's so supportive and I still speak to him, like, to this day. Yeah, he's just such a good guy. And he also fell out of the religion because of how they treated me. And he thought, "Well, can't help being gay...that's what</p> | <p>Religion</p> <p>Judaism</p> <p>Israel</p> <p>Jehovah's Witness</p> <p>Judaism Coming out</p> <p>Coming out,</p> <p>Marriage</p> <p>London</p> <p>Bible</p> |
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| 0:07:43 | <p>happens...” So, religion is a touchy topic for me but also one that I’m happy to talk about, because I have two experiences. One from the Jewish side and one from the Christian side, because my mother’s... I tried to come out when I was 14, and then 16, and then she started quoting verses at me. You know how you float questions? You’re like, “If I were, like, a homo, like, how would that go? Would that be fine?” and she’d say, “No, Sebby, no, because the Bible says...” and then she’d just go nuts on what the Bible said and, like, okay, great, this is not a safe space for me to say anything, so I didn’t do that. And when I finally did</p>  | Coming out                              |
| 0:08:16 | <p>come out to her, in August this year, she’d come to visit, it went really well-</p> <p>Samantha: That’s good-</p> <p>Sebastiane: -but also not great. Because it... My sister (laugh) My younger sister got married and my sister Valerie, the born-again Christian, was told not to bring up Jesus, because she does every five seconds, like, “Jesus, all of this is about Jesus,” and I’m like, “Great, Jesus is a great person, awesome.” And so, she got upset, “Well, if I can’t speak about Jesus, then Mum can’t speak about her religion either,” and there was this huge fight at my sister’s wedding. And then my mom brought this up in August, and she started crying and said, “People don’t really understand my religion, and I’m not really judgemental,” and I’m like, “No?” and “No, I’m not judgemental.” And I said, “You know I’m gay, right?” And she goes, “I know!” and she was sobbing, and I was like, okay, great! We’ve had this conversation! So, um, not all religions are... I used to feel a certain way about religion, but now I’m kind of like, not everyone is negative or bad or harmful. I’m an Atheist now, though. Definitely ethnically Jewish, but I don’t do, I don’t practice anything religious. Um, yeah. But now I’m not as negative towards it. Because whenever people are like, “Oh, I’m Christian,” I’m like, (whisper) “Why? I have to leave.” (normal volume) It just makes me uncomfortable, because my sister...</p> | Siblings<br>Jesus<br>Religion<br>Jewish |
| 0:10:08 | <p>Everyone in my family now knows because my mother has a huge gob, and so the only people who don’t are my brother and my older sister. And I said, “Just don’t tell them.” Because firstly... Well I don’t think he cares,</p>   | Marriage,<br>Coming out<br>Coming out,  |

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|  | <p>but secondly I think she's really going to care, and the last thing I need are her thoughts and prayers, so...</p> <p>Samantha: So, to rewind a little bit-</p> <p>Sebastiane: Yeah (laugh)</p> <p>Samantha: You said that your husband was very... your ex was very accepting. So were you... Was he the first person you really told, or?</p> <p>Sebastiane: Yes. Yeah, well, kinda. I came out softly when I was in school. Young. This has a lot to do with why I ended up moving, about being bullied. And so because of that, and my mother's reaction was... she kept going... I was bullied really badly, she ended up going to the school and saying, "Hey, my daughter's being bullied." And finally I was hospitalized, and my mom was like, "you need to do something about this, because this is bad now." And it turned out that the kids said that I was gay. Well, that I was a dyke. This was before I knew the word existed. So, the school said, "They learned it, and they're just saying it. It didn't have any meaning behind it. It just was what it was." And my mom was like, "No, she's... We come from a very religious background, very strong. Nobody in the family is gay." (whisper) My uncle is gay. (normal volume) And it was a big, big thing. And so, I then just shut it down and started being like, "I'm going to date boys, this is what you're supposed to do." So, I denied it to myself as well. Didn't admit anything, and then I dated someone in college, who was a girl, and it was great, but I was still like, "This is no homo here, this is just two girls, enjoying each other's company." Like, "I like you, you like me, boobies! Everything is great, no homo!" Uh, 'cause, you know, what is it? Homophobia... internalized homophobia? It was internalized homophobia, gay things were bad. And I...I participated in a lot of gay things as a volunteer, but strongly saying, "I'm straight. Just... that's it, I'm straight." So, then when I got married, 'cause that's what I'm supposed to do, I got married at 21. This was what I was supposed to do, life is great, everything's good, I met my wife, and I was like, "Oh, Michael, we have quite the problem." And then I really admitted it to both of them, actually. I admitted it to her, and I</p> | <p>School</p> <p>Bullying</p> <p>Slurs</p> <p>Internalized homophobia</p> <p>Marriage</p> <p>Coming out</p> |
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| <p>0:13:00</p> | <p>admitted it to myself, “You know, I’m pretty gay, so...you guys deal with that.”</p> <p>Samantha: And they were both...Well she was accepting and he was?</p> <p>Sebastiane: She was going through a thing herself (laugh) so...uh, it was a coming out moment for the both of us, the both of us realizing that we were both gay. And he was like, “Alright, pretty much I already knew.” I was like, “How?” Yeah...he already knew. So it was easy.</p> <p>Samantha: That’s good.</p> <p>Sebastiane: Sorry I info-dump a lot.</p> <p>Samantha: So, I guess another thing was religion impacted how you felt about your sexuality, and that was a big thing for you.</p> <p>Sebastiane: It was a big, big thing. It was huge, because it was, I mean everything about being Orthodox. I think... I don’t know if you know much about Judaism, but there’s different, like Christianity, different strands. Orthodox is the most hardcore, so married women cover their hair. You can either do it with a... I’m trying to use the English words... wig! There we go, a wig, or a bandana, just make sure you cover your hair, and you dress very modestly, and the other strands are more lenient. So you can have exposed hair, you don’t have to dress that modestly. The lesser, left end of this is you can eat pork, which is forbidden, uh, so I was on the hardcore angle and the whole thing, which I thought was terrible in a way, because I had to cover my hair, and dress very modestly and it was Britain in the summertime, we don’t have air conditioning, so it was disgusting. My wigs would move and they would be itchy. Also the concept of being unclean is something that we have in my religion. So if you are on your period, you are unclean, so you and your husband must sleep in separate beds and cannot touch. So I was like, well, this clearly isn’t a problem for me, but I had polycystic ovaries, so it was just like I never had any contact because I was seen as unclean. And it’s just that thing</p> | <p>Religion,<br/>Sexuality</p> <p>Orthodoxy,<br/>Judaism,</p> <p>England</p> <p>Uncleanliness,<br/>Menstruation</p> <p>PCOS</p> <p>Gender</p> <p>God</p> |
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| <p>0:15:47</p> | <p>that makes me... It's a reiteration of how you feel on the inside. It's like, oh. Sometimes you look a girl, and it makes you feel unclean, or actually being physically female makes me feel unclean, so it's just something that's ingrained in you, to make you...It's designed to make you feel bad, shall we say. But, this isn't to say the rest of Judaism isn't terrible. Actually it's a really lovely religion, and one I like because you can challenge God, which is a foreign concept to a lot of other religions, where you don't really get to talk back. If God talks to you you'd be insane... anyway! But it's... there are really nice aspects, I just think that the orthodoxy bit is just not something that I subscribe to, and will ever subscribe to.</p> <p>Kaitlynn: I guess...you just said something, and you might not want to expand on it, but you said, like, being a woman makes you feel unclean? Is that something that might've pushed you to the non-binary side of yourself?</p> <p>Sebastiane: So, I'm autistic, and I'm a grad student as well, so I'm doing psychology, as a grad degree and I'm going on to my Ph. D. as well. What I want to do is study the relationship between autism in female-bodied people and nonbinary, because there is a trend and not a lot of research where there is an odd trend where we don't see ourselves, and it's the way that our brains work. So I have a very male-coded brain. A lot of the things that I do are quite masculine, and things that I like that are quite masculine. I dress like a girl, and so I, like, and I've met a lot of other autistic female-bodied people, who have the exact same experience, where they're like, "I just don't know where I fit in, because I don't feel particularly feminine, I don't feel particularly male, where am I with this?" And, I think it has more to do with that. Also, I don't know how personal you... I should... you want to get?</p> <p>Samantha: You can get as personal as you'd like.</p> <p>Sebastiane: I'm in therapy, quelle surprise, and uh, one of the things, and my therapist had to bring in a white board, is that I... the 'too long, didn't read' version of trying to chart everything, was that I feel that I am a transwoman trapped in a female body. That's how my</p> | <p>Non-binary</p> <p>Autism,<br/>Psychology<br/>Ph. D.,<br/>Female-bodied</p> <p>Therapy,<br/>Trans<br/>Goth style<br/>PCOS<br/>Dysphoria</p> <p>Fitting in<br/>PCOS, Autism</p> |
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| <p>0:18:50</p> | <p>brain is. So, I want so badly to be female, but I also don't think... I feel like I'm faking it. Like, I don't think that this is a real interpretation of what femininity is. I'm also goth, so the way that I dress is not inherently feminine either, 'cause you know, it just isn't. And most of the makeup is drag. And so, it's really hard to feel feminine in that way, so, with the autism coupled in that, it's like- and the polycystic ovaries and the hormones... I didn't get boobs until I was like, 20, so there was just a lot going on. There was a perfect storm for my autistic brain to just be like, "Well, here we are, you're a dude." Great, thanks! "You also have boobs, so I don't know what to do with this." So that's where I am, just a mess. I'm dysphoric, I think is the more succinct term for this (laughter), but you know in a very weird way. I have a lot of trans friends, that are just like, "Yeah, that's what we experience too, like, that's exactly what we experience." There's this crazy need to fit in, like your body makes you feel uncomfortable, and being unclean, being, uh, polycystic ovaries, being autistic, like, everything is just a mess with how I see and view myself, so still to this day, I don't think of myself as a woman, I am just female-bodied, and, very clearly, wear dresses, but that's just a hang-over from being Orthodox, is I don't wear trousers. See, when you dress modestly, you don't wear trousers, because that's what men wear, so I don't do that, because then I feel that I'm performing a masculine role. So, yeah, it's a mess! It's a mess in here (laugh). Ahh, Judaism, thanks so much.</p> <p>Samantha: You mentioned you have a lot of trans friends, you have a really good community here in Portland here-</p> <p>Sebastiane: No...No.</p> <p>Samantha: No?</p> <p>Sebastiane: Which is weird, because I'm Chair of Pride Portland! (laugh) No, I just moved here, so. And a lot of people, because of me being Chair, uhh, there's a lot of drama that happens with Pride, because either people like it or they hate it, and if they hate it, they really hate it. And being the Head of that means they don't like me, which is fine, even if people don't</p> | <p>Orthodoxy</p> <p>Judaism</p> <p>Portland</p> <p>Pride Portland</p> <p>Portland</p> <p>Discomfort</p> |
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| <p>0:22:00</p> | <p>communicate with me they're just like, "Oh, you're with Pride, hmm." So it's really hard, and all the people that I have that are my friends are people that I've just met who are really nice to me now! I'm just like, "Hello, Hi! (whisper) Don't think about Pride, (normal volume) think about me being awesome!" And they're like, "Um, awesome...Really?" "Please, I need friends" And so, that's what happened!</p> <p>Samantha: How long have you lived in Portland?</p> <p>Sebastiane: Two and a half years.</p> <p>Kaitlynn: Since we're on the topic of Portland, so you-</p> <p>Sebastiane: Yeah, I hate it here...(laughter)</p> <p>Kaitlynn: It seems like it might be a little bit awkward... a little bit... I don't know what word I'm looking for here.</p> <p>Sebastiane: I hate it here so much. I'm sure it's a really nice place, I'm just having a really hard time, and I'm always an outsider, anyway and I don't fit in. And even where I work, currently, everyone wears like North Face, and L.L. Bean, and flannel, and I'm just, like, this goth kid who comes in dressed in black. This is the first color that I have, [refers to skirt they're wearing] I'm wearing green. This is the first color, like, the only color that I have, and I thought, "I'm doing this! I'm going to look a little bit more... colorful!" (laugh) And it's just I don't fit in. I don't, and I can't find my tribe, at all, it's a struggle. And even in the goth community here, you cannot get in. Yeah, they've just been here forever, and they don't want to talk to you, and there's elitism. There's a whole other subculture kerfuffle that goes on within the goth community. It's just hard because I can't... I can't make friends, I can't do anything, I have loads of degrees so whenever I try to make friends and they find out I have loads of degrees, it's always just like, "Oh... Yeah, you're not going to like this." I might, you never know... Camping seems fun, I think... I went camping one time and my sister almost got killed by a rattlesnake. I saved her by throwing a watermelon on it and running like fuck out of the way (laugh) Just went,</p> | <p>Fitting in</p> <p>Goth community</p> <p>Education</p> <p>Camping, Story</p> <p>Portland</p> <p>Strange Maine (Store)</p> <p>Reputation, Backstory</p> |
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| <p>0:23:50</p> | <p>“Let’s go!” My mom asked, “Oh, where’s the watermelon?” (whisper) “It’s with God now...”</p> <p>Kaitlynn: Is there anything good about living in Portland? Is there anything you feel that’s good-</p> <p>Sebastiane: (Laugh)</p> <p>Kaitlynn: I- That might seem out of place, but... just...</p> <p>Sebastiane: You know...There’s so many weird things that happen here. Strange Maine is another- is, like, a weird place. And every time I pass by I’m like, “Oh, this is cool,” and I’d go in and, “This is really weird.” And then you’ll find other places that are just really weird. And in a good way, where you’re just like, “Oh, I didn’t think that this would be here. This is cool. I like this.” And I kind of like the quirkiness of that. It’s nice. And I like the smallness. I don’t like that everyone knows you, but since I’m new, no-one knows me, and I like that too, because no-one knows me here, even though I am the chair of Pride Portland, nobody knows-me knows me, so, it’s kind of... I can build up a (whisper) what’s it called (normal volume) reputation, and a great backstory. I know I have a pretty savage backstory, but something really cool. I haven’t done it yet, ‘cause I’m not that creative, but I could, and that’s the wonderful thing about this place, I could and then it’ll just kind of spread on, and people would meet me and they’d be like, “You ran for president?!” and I’d be like, “I did... I really did.” (laughter) and I think that’s really fun. And I also like the, um, how welcoming everyone’s been to the refugees, that’ve come over. My work is in Genocidal and Generational Trauma, so, I really like- and I work with them and it’s just nice how the community comes together and, just, donations, and people. ‘Cause lots of things are happening, and I think that’s really nice and there are refugees all over the place in Maine but I think that in Portland, everyone is really kind and generous, and I think that’s beautiful.</p> <p>Samantha: So, I guess... What brought you to Portland?</p> <p>Sebastiane: My wife! (laugh)</p> <p>Samantha: Your wife!</p> | <p>Refugees</p> <p>Portland</p> <p>Wife</p> <p>England</p> <p>Writing</p> <p>Marriage</p> <p>West Baldwin, Maine</p> |
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| <p>0:26:05</p> | <p>Sebastiane: Yup, I met her when I was living in England, and we had been emailing each other, because we're both writers, and we belong to an online community, and she read one of my stories, and left, uh, a very innocuous comment on it, to which I was like... Well, I had salmonella poisoning at the time, so I was very poorly, and I looked and went... "Umm, 'kay..." And then I saw that she wrote as well so I read all of her work, and it's just, she's such a gifted writer. And, so, that's it! I just left little comments, like "This is beautiful, I really love how you described this scene. I can picture myself there." And then she started writing back on some of- we have loads of stories together, and so she started writing back, and finally she's like, "Oh, can we email each other? I think we have a lot in common." I was like, "Sure!" So, we started emailing, and then Skyping, and then I came to visit, as friends, 'cause...Still married, and uh, hit it off. And then finally when I did get married, she moved-- we got married in England, and I moved here over when she got homesick, 'cause London is a big place. She's from West Baldwin, which in The Middle of Nowhere, Maine, and moved us back here. (whisper) Yup, Nowhere, Maine... I don't know if you've been there.</p> <p>Samantha: No-</p> <p>Sebastiane: (normal volume) You don't even know where it is, do you?</p> <p>Samantha: I have not been there.</p> <p>Sebastiane: Every time someone asks, "Oh, where's Justine from?" "West Baldwin." ... (Laugh) (Whisper) Like, the middle of nowhere.</p> <p>Samantha: I'm from a small town up North, no one knows where it is.</p> <p>Sebastiane: (normal volume) Oh, what is it?</p> <p>Samantha: I'm from Veazie.</p> <p>Sebastiane: Yep! I like the name though.</p> | <p>Maine</p> <p>London</p> <p>Germany</p> |
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| <p>0:27:14</p> | <p>Samantha: Less than four square miles.</p> <p>Sebastiane: Really? (whisper) That is small! (normal volume) You guys should meet and talk about small towns.</p> <p>(Laughter)</p> <p>Samantha: Maine is one big small-town.</p> <p>Sebastiane: Well, she grew up on a road that had no name, it was just like Route 4, and then they gave it a name now, (through laughter) but it was just so the postman knew how to get to the place! She's like, "There's no one here! There's just one street and that's it." No neighbors, nothing. So, it's a tiny, tiny town.</p> <p>Samantha: Portland must be big for her...</p> <p>Sebastiane: Yeah, yeah. So when she got to London, she struggled. It was just too much. She struggles while she's here, 'cause it's too big. And then just moving to London, she couldn't-</p> <p>Samantha: Massive!</p> <p>Sebastiane: Yeah, it's massive, it's public transportation... Just couldn't... couldn't do it. So she told me, (whisper) "I'm done." (normal volume) "Okay, we'll be back!" And now she wants to live in Germany, so... here we are! (Laugh)</p> <p>Samantha: And you've been to Germany?</p> <p>Sebastiane: Yep, I lived in Germany. She wants to live in Berlin, and I think that's fantastic, 'cause I lived in Berlin, also, well, I lived in Menden, which is a very small place near Hanover by Frankfurt and then I had a place in Berlin, just because, as a holiday thing. It's very British to have a holiday home, so, I was just like "Uhh, just gonna rent this place here, and visit every month!" Great! We have a very different vacation in England, whereas over here, you don't. So, it is... not great.</p> | <p>Work</p> <p>CIEE</p> |
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| <p>0:29:06</p> | <p>Samantha: So, you mentioned your work a couple times. What exactly is your work?</p> <p>Sebastiane: I work at CIEE, and I hate that place. (through laughter) I know that's gonna be shared, but here we are. Uh, I work in the- (laugh) Yeah, I work for the Study Abroad, 'cause there's coming in, outgoing. I work at the university level study abroad, and I do the scholarships and grants, it's me and my colleague, and that's it. We do all of the scholarships. It's a lot. And, uh, that's what I do. And also work on grants, getting students to be able to afford travel. That's what I do. It's not exciting, and it's not...It's not great. They could do better. I want that on record; They could do so much better</p> <p>(Laughter)</p> <p>Samantha: It'll be on record.</p> <p>Sebastiane: (Through laughter) Thank you. I feel good now.</p> <p>(Laughter)</p> <p>Sebastiane: There's a lot of weird things happening at that place right now, and a lot of people are mad, and weirdly enough I should be mad, but I'm just like, "Eh!" It's a non-profit and I think that- I come from, like, a corporate background, so whenever a change happens, I'm like, "This is not as bad as it could be, guys. You should calm down."</p> <p>Samantha: Yup...</p> <p>Sebastiane: Is any of this helpful?</p> <p>Samantha: Of course!</p> <p>Sebastiane: (Laughter) I wasn't really sure of that! But is it helpful? Okay...</p> <p>Samantha: Yes! Definitely helpful!</p> <p>Kaitlynn: Yeah, I think it's good to hear everyone's side of their story, like, even if you don't like something, or</p> | <p>Mental health</p> <p>Podcast, WMPG</p> <p>Autism</p> <p>Mental illness</p> <p>Depression</p> |
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| <p>0:31:48</p> | <p>really love something. Um, so, when you came in and you sat down, you said you did some mental health work? A podcast about mental health?</p> <p>Sebastiane: Yep. My wife and I run a mental health podcast. Uh, right now we're doing it through WMPG, 'cause we're both DJs, and they were like, "Hey, do you want to do some podcasting?" and "Yes, we do!" So we came up with mental health, and it's- The podcast is called "But You Seem So Normal", and it's something I get all the time. Like, it's very common for people to go- I'll have a meltdown or something happens where I just can't at the moment, uh, and my wife will go, "Oh, she's autistic, and that's what's happening. And they go, "Oh really? But you seem so normal." (barely audible whisper) What is normal? (normal volume) And that's- I get this throughout my entire life, "Oh, you seem so normal." As if I need to have a hunchback or something... to be physically different! And it'd be, "Ahh... You're autistic. That explains the growth on your head... I get it now." But it...It's... Mental illness is within. It's a disability within. And I think that's the problem is that ours is more internally, and some people get a pass because it's externally. I shouldn't say a 'pass', but they're more forgiven if you have a crutch or a wheelchair, or something else. And so, the podcast came because as I shared this part of my story to people, they were like, "Yeah, that happens to me all the time. I have depression, and people think it's weird that I can hold down a job!" Like, that is weird, because that doesn't mean that you can't have a job. So the podcast is in existence to... It's peer-to-peer, so, people are able to come in and talk about their story and how they deal with mental illness, and also how they have tips and tricks, like survival tactics. So if you are depressed, what do you do to make it through the day? And that way someone else who's listening, if your story resonates with that person, then they go, "Oh, well this person used, like, they take showers in the dark, 'cause they get overstimulated. That's a trick I never heard before." That's actually really good, 'cause I have light sensitivity -- this room is bothering me -- but, I have light sensitivity and when I start the process of melting down, like, it starts happening and everything has to be dark, all the clothes have to come off, and I</p> | <p>WMPG</p> <p>Pride Advisory Boards</p> <p>Trans, Suicide rates, Podcast,</p> <p>Suicidal Ideation,</p> <p>Maine TransNet</p> |
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|  | <p>just have to sit there. And one of the things I would say to another autistic person is just, wear sunglasses indoors. It might sound crazy, but it helps. I do it at work! Sunglasses go on, and people are like, "Okay, great. She's a little overstimulated, we'll let it happen. Cool." So that's what the podcast is for. To really be a support group for people who can't tell their stories, I get brave people to come talk to me. And that's it on that...</p> <p>Samantha: So you get a lot of feedback from people on that?</p> <p>Sebastiane: Mm-hm! Yeah, we do, and we're trying to... We're gonna relaunch it, because I started without WMPG and it died, so we're relaunching it through WMPG so we're hoping to reach a bigger audience with that. And a lot of people like... from this, we're starting an advisory board for Pride, a mental health advisory board -- we have a lot of them, but this is our first one, so I got five signatures, which is what you need to do an advisory board, or get funding, and we're going to have people come and say, like, "Right, so do you want any events that kinda focus?" LGBTQ people, especially the 'T' part, lotta high suicide rate, which is something that I bring up on my podcast a lot, and we talk about suicide a lot. I don't have ideation, but a lot of people I interview strangely have a lot of ideation, "Hmm, that's curious, why is that?" Because we are prone to it, 'cause it's just a matter of what happens. And it was- I can't remember what the statistic is, I feel like it's 43 percent, or something, of trans people commit suicide, and that's upsetting.</p> <p>Samantha: That's high.</p> <p>Sebastiane: Yeah, that's really high. And if we... They need a network, and support. Maine TransNet does a great job, they're not reaching everyone. So, it's really hard, and I think with the podcast, we can at least provide resources. We can provide y'know, things you can do. Part of my website, which we're trying to build because you have to have a website when you do podcasting, it's some iTunes requirement, is we're doing, um, a section for a low-spoons cookbook kind of</p> | <p>Spoons theory (chronic illness, mental health)</p> <p>Spoons theory</p> <p>Fork theory (Autism, mental health)</p> <p>Low-spoons Cookbook</p> <p>Sephardic Jew, Genetic disorder</p> |
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| <p>0:35:00</p> | <p>thing. Like, “Oh, you don’t have any spoons...” (To both) Familiar with the Spoon theory?</p> <p>Samantha: No.</p> <p>Sebastiane: (To Kaitlynn) Are you?</p> <p>Kaitlynn: Yeah.</p> <p>Sebastiane: Um, in short, Spoon theory, it is- Uh there’s a woman who had chronic illness and she had a dinner party, and her friends were just like, “Well, you seem to have a lot of energy to do this,” and she said, “Uh, actually...” And she whipped out a whole bunch of spoons and said, “I have, like, four spoons, and I can do, y’know, getting up and getting dressed. I have two spoons that put this together. Out of ten spoons I have these spoons and now I have one spoon left.” So your level of spoons is the amount of energy that you have, uh, in the autistic community we use forks. So there’s a saying of like, “Stick a fork in me, I’m done.” So you can walk around with all these forks, but what fork can you take out to relieve anything. So when I said I turn the lights off, or I wear my sunglasses, that’s a fork out, so I’m not overstimulated. But the low spoons</p>   | <p>Low-spoons Cookbook</p>                     |
| <p>0:36:25</p> | <p>cookbook are people who- so if you have enough spoons, you can make this food. So I’m trying to make things that are nutritious for people. If you have medium-weight spoons, it’s cheating, so it’s like, “well, just get this, this, this and this, and you can make the rest,” and no spoons is, “Basically, Ramen with some vegetables.” (Laugh) But things that are healthy, because that’s something people ask me all the time, like, “Well, how do you eat Keto when you eat food when you have like a fear of food?” That’s a good point because depression takes that crap from you! It steals it! And so does chronic illness. And... I mean I have an autoimmune disease, and sometimes it’s hard for me to life, ‘cause I’m in a lot of pain. I have the stupid Jewish disease, which is really dumb, and it’s specifically only for Sephardic Jews, which I am, so, thanks genetics. And so it causes a lot of pain, so I don’t do anything physically. What it is, is actually kinda hilarious, because I’m goth, so there’s no irony lost here, but it makes me, essentially, a vampire, because my body leeches out the iron, so I have to keep getting</p> | <p>Community, safe spaces</p> <p>Resources</p> |

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| <p>0:37:42</p> | <p>iron in. So it's literally sucking the iron out of me. I'm a little vampire. Hilarious. Thank you body! Noted. But, so, I will put up recipes on the website so that people can use those, and just building that network and we have a Discord server as well, so other people can talk to each other, so if you listen to an episode, you can talk about the episode and meet people who are going through your- something similar. So if we can stop these things before they erupt into ideation... I mean ideation is... fine. That's not what I mean, but it's fine. Have the ideation, that's okay, but let's stop it before it turns into something else. Let's stop it before it turns into harm. And that's what I try to do, is build an online community to talk about this and make sure that we are safe. And that we can be safe, and if no one else will hear you, we will hear you. Justine and I will listen to you. So...yeah.</p> <p>Samantha: That's awesome.</p> <p>Sebastiane: That's what we're trying to do, anyway. And, like, we have resources! You can have these resources! So when I do the- my work, through the school or through my work, I try to build up these networks of people. I'm like, Hey! Betterhelp.com is a really good thing, you don't have a whole lot of money to see a therapist, or you live in a very weird, rural area, West Baldwin, that's okay. There's a website that you can pay, and they do a sliding scale, and you can pay them and get a licensed therapist in your state and they do video conferencing, they do, um, phone, phone meetings, and they actually have a text room, where you can go in there and you can do that. And so it's a resource that you can use to do that and have therapy and get help, so, that's what we try to do, like try to find these resources, try to find these things, the cookbook, just take care of yourself, because you only get this one time. And it's- I understand what it's like to be depressed and it sucks but, also, it will end. And in my case, probably come back again, but it will end, and it's just building that network, so that people can not do it alone. That's our tagline, "The struggle is real, but you don't have to do it alone." 'Cause, y'know, we're your family now.</p> | <p>Psychology,<br/>Degrees</p> <p>Career</p> <p>Activism</p> |
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| <p>0:39:32</p> <p>0:39:34</p> <p>0:39:35</p> | <p>Samantha: Yeah. And so is this something that you'll want to continue throughout your life?</p> <p>Sebastiane: Yeah. Oh yeah. Um, I mean, psychology is where I got my Ph.D. and I mean I am a doctor, already, I have an MD, so, I am used to helping people. (To Samantha) You have a face?</p> <p>Samantha: I have weird facial expressions.</p> <p>(Laughter)</p> <p>Sebastiane: Um, yeah, I am a doctor. Not licensed to practice in the state of Maine, but I'm a doctor. And I had a nervous breakdown and couldn't do that anymore, so I still want to help people. And the only way I could do that, I think, is through psychology and mental health. And that's where I feel the most useful, so.</p> <p>Samantha: I'm a Psych major myself...</p> <p>Sebastiane: Really? I'm gonna ask you some questions. (laughter) So this is a sociology class, right?</p> <p>Samantha: Yes.</p> <p>Sebastiane: So are you doing it in conjunction?</p> <p>Samantha: It's my minor.</p> <p>Sebastiane: Oh, is it? Nice. 'Cause they go hand in hand. I'm trying to do that with Wendy, like "Hey, do you think that I could, like, try to do the Grad school thing and also Sociology, 'cause they go hand in hand?" She gave me a look, (Laugh) and I said "It's fine, I'll petition. Don't worry about it."</p> <p>Kaitlynn: Hmm...</p> <p>Samantha: I could go.</p> <p>Kaitlynn: Yeah, go ahead.</p> | <p>Pride Portland</p> <p>Becoming co-chair of Portland Pride</p> <p>Equality Maine</p> <p>Community Involvement</p> <p>Ten Days of Pride</p> <p>Diversity</p> <p>Gay Marriage</p> <p>Trans Community</p> |
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| <p>0:42:04</p>                | <p>Samantha: So, um. With your podcast it seems like you're about, would you say volunteering? Or like, activism, so that seems to be a big part of your life.</p> <p>Sebastiane: Oh my, (laugh) yeah</p> <p>Samantha: So, do you do- I mean, you're the chair of Portland Pride, how did you come about that?</p> <p>Sebastiane: I was asked to do it.</p> <p>Samantha: Wow</p>   | <p>Gay Marriage</p> <p>Discrimination against Adoption</p> |
| <p>0:42:05</p> <p>0:42:22</p> | <p>Sebastiane: You know I was asked to run last year, um, for the co-chair position by the outgoing co-chair. He asked me to run and thought that I would be really good at doing it and that people seemed to like me. (laughs) Boy was he wrong but here we are. Um...so I ran and got the position and now its, we dropped the co-chair and now it's chair cause we have a vice chair instead. So I'm going to be in that for another two years, this year and next year. And you know, it's been great. We are changing the way that it works, cause it used to be just to be just putting on a parade and a festival and I think that we could do better. We could do more and the other non-profit, LGBT non-profit that we have here is Equality Maine and they're doing, they're doing what I think is like legislation high things. They're doing all the stuff up here and what I want pride to do is all the stuff on the ground because we are directly with the community. So I'd like to do more educational things, um, and events just being more a part of the community, and being out there more. (clears throat). Cause typically it's just ten days of pride and then that's it... and I think we should have more community involvement because we are the community. We are made up of the community. Every single person on the board right now is just a single diverse member of this community living in Portland and I think we could do better engaging people more and getting them more riled up. I also think we lost sight of what we, of what pride actually is, which is a protest. I think we've lost sight of that and I think we can go back to that and there are a lot of fucked up things happening right now and everyone is just kinda like "well that's okay, we, we have gay marriage," yep... We sure do, but also there</p> | <p>Discrimination Against Adoption</p>                     |
| <p>0:43:17</p>                | <p>and there are a lot of fucked up things happening right now and everyone is just kinda like "well that's okay, we, we have gay marriage," yep... We sure do, but also there</p>   | <p>National Law</p>  |

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| <p>0:43:34</p> | <p>is so much happening. There is a government actively seeking to take away our rights and yeah we have gay marriage now, we might not next year. We don't know what's going to happen. So we shouldn't set on our laurels when things are happening. And as I said, we have a problem in the Trans community. We need to start sorting that out, we need to take care of our own</p>  | <p>Adoption<br/>Discrimination</p>   |
| <p>0:43:36</p> | <p>and I think it just gets largely ignored because we have gay marriage. So I want pride to move more towards their activist roots. While still celebrating, I'm not trying to take that away...</p> <p>Samantha: Yeah</p>   | <p>Sephartic<br/>Jew/Italian</p>   |
| <p>0:43:54</p> | <p>I think we should celebrate because yeah we are all here today and we have gay marriage and everything is great, but, recently I think, uh... six months ago, might be six months ago they, a law got change where, um..., adoption agencies can actually now discriminate against...</p> <p>Samantha: Wow</p>   | <p>Porland<br/><br/>Portland Pride</p>   |
| <p>0:44:15</p> | <p>Sebastiane:...Same sex couples and Jews appartenly. I don't know why he singled us out (laughs). And the Jews, (whisper) how dare you. So that happened and I didn't hear anyone say anything against it. So my wife and I were looking at adopting... for her, I hate children but we were looking at adopting and the agencies like, "we can't work with you now." So alright, so what does that mean? So we had to find a more secular agencies to work with, but it just means that our options are very limited. I don't think you should be able to do that at all. So I'm a great candidate. I mean if I had done this on my own I'm a fantastic candidate but with my wife I'm discounted and it's stupid. But that happened and nobody said anything, nobody argued it, nobody pro- there was not protesting, nothing happened.</p> <p>Samantha: Was that just in Maine?</p> <p>Sebastine: No it was all over.</p> <p>Samantha: Nationally?</p> | <p>Volunteering<br/><br/>Portland Pride<br/>Board<br/><br/>Dissatisfaction<br/>with Portland<br/>Pride Committee</p> |

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| <p>0:45:34</p> <p>0:45:35</p> | <p>Sebastine: It was nationally. It as uh, 45 ruled it so and that's what happened. So, no one is talking about it. I know it because I was in the process and now I am not.</p> <p>Samantha: Yeah I did not know that personally.</p> <p>Sebastiane: (Laughing raised voice) And the Jews I just don't understand...</p> <p>Samantha: (Laughs)</p> <p>Sebastiane: (Laughs loudly) I don't understand. Like yeah you don't have to discriminate against Jews. I mean firstly we are not really adopting babies but, (Laughing voice) We have so many of our own. Big families. I'm also Italian so I come from...</p> <p>Samantha: Oh wow.</p> <p>Sebastiane: I'm Sephartic Jew, so I'm part Italian as well on another side and it's just massive.</p>                                 | <p>Beer Garden</p> <p>River of Pride Flag</p> |
| <p>0:46:19</p> <p>0:46:20</p> | <p>Samantha: Italians... big families.</p> <p>Sebastiane: Yeah</p> <p>Samantha: So when you came to Portland did you see yourself getting involved with like the...</p> <p>Sebastiane: (Exhausting) No.</p>   | <p>Beer Garden</p> <p>Beer Garden</p>         |
|                               | <p>Samantha: ...Portland Pride at all or?</p> <p>Sebastiane: (Laughing) No. No. God no. And then I did. I volunteered. First, because I... (whisper) Who? Told me to volunteer...Justin. Uh, somebody I worked with was like, "oh I am doing this for Pride, you should get involved." I'm like, "sure, I will do this." And so he sent me a link and I followed the link and then I came for the meeting, everyone seemed really nice, and then I got involved. And what happened was, and I roped Justine in, and she was really mad about it 'cause she's not a joiner and she was like, my wife, and she's like, "ugh", she's also on the board now to so (laughs) jokes on her! But, yeah I just volunteered and just ended up really liking it. I liked their...I liked their</p> | <p>Advisory Boards</p>                        |

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|         | <p>mission. They are a very controversial group, the 2018 group. They got a lot of flack from the community because a lot of things happened. It got overrun by social justice warriors. And it was all done in a way that the community did not like at all and there was problems. And that's why I was asked to come in because I'm likeable and people will like me and not... I guess that people thought I'd bring it right back to the way it was. I didn't because I liked their values. I just did it in a way that was softer.</p>  |                          |
| 0:48:06 | <p>Samantha: Mhmm</p>   | Black Panther Father     |
| 0:48:14 | <p>Sebastiane: 'Cause you, what is it? You catch more flies with flies honey than vinegar, although I think that is untrue. Anyway, um, yeah so I just... I kept everything that they did, the last year, the crew before me, with exceptions to the Beer Garden, I brought that back. But we spoke to the recover... Ugh... so they got rid of the Beer Garden that year and that was a huge bone of contention. And that and the river of pride flag but I won't talk about that cause it's a fucking horcrux and I don't even care. Um, the flag doesn't represent me anyway. And so, it's... the beer garden is one I will talking about because, uh, that was a huge problem and we have a forum, forum, forum (mispronounced several times).</p>  | HYPHA                    |
| 0:48:16 | <p>Samantha: Forum</p>  | Family/<br>Mother/Doctor |
| 0:48:30 | <p>Sebastiane: Thank you (laughs). (Inaudible)...I don't English so good. At the end of each year and at this one it was just a bloodbath. It was terrible. Everyone was being yelled at, there was name calling. Somebody got...the last chair was called a sissy boy which I thought was very derogatory in a place that was suppose to be about queer people and so, (laughs) I was like, "that's uncalled for". And uh, so I brought the beer garden back, but one of the... the outgoing group what they said was that the recovery community. So what we did was we spoke to the recovery community said, "Hey, we are thinking about bringing this back, what do you think?" and we met with several different groups so it wasn't just one group that was like, "I speak on behalf of all of you". We met with several different groups and the consensus was, have</p> | Universal Health Care    |
| 0:49:10 |   | Mother<br>AIDS activism  |

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| <p>0:49:38</p> | <p>the Beer Garden just keep it away. So we did that and they were fine. We have a recovery advisory board as well to make sure we do the right thing. And that was one thing that when I came in we did. We started advisory boards because... as I said we are suppose to represent the community. I feel that... well they had good intentions, they didn't represent the community, they represented their own ideology and I think that's wrong. Because we are for the community, so I put in advisory boards that represent the community. So I have a queer people of color advisory board, that's working out. Trans advisory board, recovery, HIV, we have a mental health one now. That accessibility. We have an accessibility chair now. That didn't happen years prior and now we have someone and it's to make sure that every facet of the community is represented. We would like to have a women's group and men's group, both trans inclusionary. So, we can make sure that everyone gets heard and represented and if we are doing badly then they have a method of telling us.</p> | <p>Sex Worker Activism</p>              |
| <p>0:50:02</p> | <p>Samantha: Yep</p>  | <p>Jewish<br/>Jehovah's Witness</p>     |
| <p>0:50:12</p> | <p>Sebastiane: We represented the community. Yeah for someone that didn't get involved I made a lot of changed (Laughs)</p> <p>Samantha: Yep. Very involved!</p>  | <p>Cheer San Francisco<br/>Activism</p> |
| <p>0:50:22</p> | <p>Sebastiane: I got very involved. I mean have always done activ... I come from... my parents are activist. I come from and activist background. My dad was a Black Panther and did a lot of work within the community in Oakland, California. This is why we ended up there.</p>  | <p>Phone Disruption</p>                 |
| <p>0:50:30</p> | <p>Samantha: Mhmm</p>   |   |
|                | <p>Sebastiane: ...Through HYPHA. So he did a lot of work making sure that black kids got to go to University. So, he tutored and got kids in an... add after school program, got them in... got them a way of getting grants, make sure they went to school. So he did that. My mother was a medical activist. She is a doctor. She's an endocrinologist and she uh.. She is one of the four doctor... four right doctors in Northern California to</p>   | <p>Cheer SF</p>                         |

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| 0:51:21 | um... for Universal Health Care. She went out there, she went to loads of places to talk and try to get Universal Health Care passes out. I come from a family that really try to work.   |  |
| 0:51:23 | Samantha: Yeah  |  |
| 0:51:46 | <p>Sebastiane: I mean my mom is also...My mom who has been fantastic. She actually did... she was an activist, AIDS activist in the 80's and 90's. Her best friend died of AIDS which still really upset her to this day because they were... they were friends for 20 years and when he died she was just like uhhh... She had been an activist at this point, he died in 1994 so she kinda stopped doing that I think it really upset her...</p> <p>Samantha: Yep</p> <p>Sebastiane: ...but that didn't stop her from doing other things. And she also was an activist... a sex worker activist in the early early 90's. (Whispers) I don't know what the... I don't know what she was doing (laughs) but she as uh.. Yeah... like the movement for decriminzation had been going for a very very long time.</p> <p>Samantha: Yep</p> | <p>MD Work</p> <p>American Red Cross</p>                 |
| 0:52:07 | <p>Samantha: Yep</p> <p>Sebastiane: So, my mother was a part of that. She's really big on that.</p> <p>Samantha: Mhmm</p> <p>Sebastiane: I just don't know why. Not that its bad.</p> <p>Samantha: Yep (laughs)</p>   | <p>Sex Education in School</p> <p>American Red Cross</p> |
| 0:52:37 | <p>Sebastiane: It just seems weird because she was Jewish at the time so... a lot changed when she became a Jehovah's Witness. She just stopped and was like, "oh that's what I'm going to do now.</p> <p>Samantha: Yep. So... did you do a lot of... while you were in San Francisco? Do you do a lot of activism there?</p>   | <p>San Francisco</p> <p>Stonewall U.K.</p>               |

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| <p>0:54:35<br/>0:54:38</p> | <p>Sebastiane: Yeah I was a part of Cheer San Francisco which is a non-profit organization. That deal... they donate money to organizations dealing with life threatening illnesses like HIV, AIDS, and cancer, through Cheerleading! And through that I got to see the world as well, which was great. So I performed in Singapore and Australia and it was a lot of fun 'cause its raising... WHAT! Oh, dude sorry my wife wants to know where I am. (Inaudible) Uh... She was like, "Where are you?", "I'm at the library". Ah, share my location. No I can't. Can I? No I can't. Um... It was very good because you go all over the place and you're spreading awareness. It's so weird because you do it through cheerleading.</p> <p>Samantha: How does that work?</p> <p>Sebastiane: Umm... (Laughs). You know, I don't know (laughs). I just know that we raised... we do raise a lot. I mean we raised a lot of money through performing but cheerleading and it was really weird because out of a team of like 40 there were only 8 women, who were female bodied people.</p> <p>Samantha: Wow.</p> <p>Sebastiane: And we were... well 7 of us were straight. I do the inverted commas 'cause I was straight at the time said I was straight at the time and yeah it was, it was huge. We did we raised a lot.. They even performed for Clinton's inauguration...</p> <p>Samatha: Wow</p> <p>Sebastiane: The first and second time. So like, they're massive.</p> <p>Samantha: Yeah</p> <p>Sebastiane: but.. I was just.. I don't know (laughs) like how they raised money, but... So I did that, I also did a lot of um, I worked when I was getting my MD, I worked in mythology and it was a lot of research. So, I did a lot of work with that and testing - like free testing, and just trying to get people to be tested, which at the time was not as easy as I thought it would be. And I worked for</p> | <p>Schooling</p> <p>MD</p> <p>Doctorate<br/>Psychiatry</p> <p>Cross-Cultural<br/>Psychology</p> <p>Japanese</p> <p>Cross-Cultural<br/>Psychiatrist</p> <p>Holocaust</p> <p>Hate against Jews</p> <p>Trump</p> |
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| <p>0:57:36</p> <p>0:57:41</p> <p>0:57:57</p> <p>0:57:58</p> | <p>the American Red Cross and I was service volunteer of the year twice.</p> <p>Samantha: Wow</p> <p>Sebastiane: Which was fun. Going into schools and teaching sex ed - safe sex. And um, not abstinence because fortunately the American Red Cross is against abstinence as like a be-all end-all 'cause it is not conducive to anything like "you guys are going to have sex, please do this in the right way" (laughs) um this is pre prep time, so if I could do it now, I would be like, bra here are some flyers, but.. YES is all I'm trying to say to her... Okay... when I was in London.. oh shoot.. Yeah, I did a lot in the King community in San Francisco as well. That transferred over to London, where I worked um, I am a member of the Society of Janice. I joined when I was eighteen. A very long time ago. And I did a lot of work with Stonewall U.K. So... that, plus I worked a lot with the King Community there to kinda deregulate or decriminalize. That was really messy, uh.. Something happened and then they were trying to like ban S&amp;M, which was ridiculous. 'Cause a lot of the MP's were doing it anyways. So yeah, I was trying to work... to play safe, I guess. It is hard to explain, 'cause its just so weird, like, how I got involved with that, and what I had to do it's just really weird, but... that was all part of my original dissertation when I went to school, was overcoming trauma through shadowplay, but uh... not this topic. (laughs) That was so long ago, gosh... Anyway,</p> <p>Samantha: What was your doctorate in?</p> <p>Sebastiane: Uh, well I'm an MD, first, so, and I wanted to do neurology. I wanted to be a neurologist, but I flinched out before I had the chance, because I was doing travel work and it was just stressing and I could not cope. So I was doing doctor and I couldn't do that. My first doctorate was also clinical behavioral technology, or psychiatry rather. I am doing psychology now, which I guess is different somehow, but they were just like you need to do this again. I'm like like oh, thats stupid, but... I am doing it in something completely different anyway so the way I'm doing it is with a cross-cultural bend, because cross-cultural psychology, I</p> | <p>Conservative</p> <p>Father<br/>Blank Panther<br/>Nation of Islam</p> <p>Generational<br/>Trauma</p> <p>Genocide</p> <p>Work with<br/>Children</p> |
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|   | <p>Samantha: That's alright (laughing)</p> <p>Sebastiane: So you're afraid of...Yes so! That's why they dropped it, generational, and so there is a lot to unpack with being in generational um... genocide, doing generational trauma. And so, and that's a part of genocide, and so the people I work with now come through with genocides like Darfur and everything else that's happening, and those people are going to be having children...</p> <p>Samantha: Mhmm</p> <p>Sebastiane: and I'm working with children currently and so it's like how do you acculturate inside with what's happening now, given what's happening to you. So there is a lot going on. These children are classed as problem children in school. Which I think is just, genocide! I'm trying to be empathetic and so it's, it's working with that and there is a very small amount of cross-cultural psychologist that deal with this.</p> <p>Samantha: Mhmm</p> <p>Sebastiane: I can name just one, which is Dr. Donnelly in New York and that's it. She works in a trauma center.</p> <p>Samantha: wow</p> <p>Sebastiane: But, yeah that's another part of activism that I'm trying to do, is make sure that these people are taken care of.</p> | <p>Mania/Autism</p> |
| <p>0:59:27</p> <p>0:59:28</p> <p>0:59:29</p> <p>0:60:15</p> | <p>Samantha: Mhmm</p> <p>Sebastiane: In a healthy way.</p> <p>Samantha: Yep</p> <p>Sebastiane: Instead forcing American values which is what's happening and it's confusing and then..uh.. yeah I don't want to... (inaudible)</p> <p>Samantha:(laughs)</p>  | <p>Singapore</p>    |

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| <p>0:60:57</p> | <p>Sebastiane: Yep, anyway (laughing)</p> <p>Samantha: So you're all across the board...</p> <p>Sebastiane: Yeah</p> <p>Samantha: ...with the activism. Literally everything it seems like</p> <p>Sebastiane: Well I don't do like animals (laughs).</p> <p>Samantha: (Laughing)</p> <p>Sebastiane: No time to plan to do animals or the ocean. That's a big one. Yeah, the ocean.</p> <p>Kaitlynn: Mhm.</p> <p>Sebastiane: Yeah, the oceans.</p> <p>Samantha: Yeah that is a big one</p> <p>Sebastiane: Animals, like meh fuck</p> <p>Samantha: (Laughing)</p>          | <p>Pink Dot</p>  |
| <p>0:61:41</p> | <p>Sebastiane: (Laughing) Uh yeah... I'm bipolar Type I, so I have high functioning mania and that's really what it comes from. I'm manic all the time, which means I am very productive, but I might have a psychotic break at some point (laughs).</p> <p>Samantha: (Laughs)</p> <p>Sebastiane: I'm aware. I'm full aware (laughing).</p> <p>Samantha: I was gunna say, you definitely seem very productive with everything that you do, like, I can't even imagine doing that much stuff.</p> <p>Sebastiane: Yeah everyone says that.</p> <p>Samantha: (Laughing)</p> | <p>Cheer San Francisco</p> <p>Chinese New Year</p> <p>Fear of Punishment</p> |
| <p>0:62:25</p> | <p>Sebastiane: I don't... I don't know. I'm just a... I'm really high achieve just naturally, just a high achieve</p>  |  |

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|  | <p>but I get bored but that's probably the mania that does it. I'm also autistic so I'm very focused.</p> <p>Samantha: Mhm</p> <p>Sebastiane: That's a stereotype. I probably shouldn't do that but it's one that works for me.</p> <p>Samantha: Yep (laughs). Okay... Um... kinda bouncing it back... a little while.</p> <p>Sebastiane: (Laughing)</p> <p>Samantha: Um. We had listened to your talk, the um, at the bar.</p> <p>Sebastiane: (Loud laughing)</p> <p>0:63:45 Samantha: (Laughing)</p> <p>0:63:46 Sebastiane: (Laughs) God damnit. I forgot that was recorded (laughing). (clears throat).</p> <p>Samantha: And so, your experience in Singapore.</p> <p>0:63:56 Sebastiane: (Inaudible)</p> <p>Samantha: (laughs)</p> <p>Sebastiane: Yeah...</p> <p>Samantha: Was...</p> <p>Sebastiane: Singapore was a great place, they are just really big on corporate punishment.</p> <p>Samantha: (laughing)</p> <p>0:64:29 Sebastiane: (Laughing) Which I'm totally into. I would just like it to be totally consensual (laughing). Uh, yeah, what would you like to know about Singapore? That's another thing of activism is that I did Pink Dot through there which was an LGBTQ group that was trying to get recognize... recogniza... English is just losing it. I'm no Englishing very well.</p> <p>Samantha: (Laughs)</p> | <p>Arrest for Homosexuality</p> <p>Texas</p> <p>Public Affection</p> |
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| <p>0:64:41</p> | <p>Sebastiane: Recognition and to decriminalize it.</p> <p>Samantha: Mhm</p> <p>Sebastiane: So, I went there originally through Cheer San Francisco and experienced all kinds of crazy banana things, which was really funny because we experienced homophobia but not me personally. The men in the group did and they took a photo of us. We were there for the Chingay parade which is their Chinese New Year Parade, it's like the biggest Chinese New Year parade in Asia so we were asked to go and before we went, we were just like, "you know what we are right?" and the person was just like, "yeah just don't say anything."</p> <p>Samantha: (laughs)</p> <p>Sebastiane: So we didn't. We actually just went not saying anything. And we got there and had a group talk. We didn't do this while we were in America because some people would have dropped out. It was very scar... The talk was very scary, and it was just like if you are seen as being homosexual it's corporal punishment you will go to jail and something will happen, like flogging, canning, whatever and this is like not, you know safe word out of this. It's really bad, like it's very scary. You can be in jail for quite some time. So we were just like alright, dope, I mean this wasn't a problem for me (laughing), but for everyone else it was very scary.</p> | <p>Gay Bar in Singapore</p> <p>Kylie Minogue</p> <p>Bar Raiding</p> |
| <p>0:66:07</p> | <p>Samantha: Yep.</p> <p>Sebastiane: And also (inaudible) I'm not doing that but there was a community there which was fun because I don't know who found the one gay but that was there, but they found it and as I said, I think at the time I was in the closet so I really did not want to be arrested because I'd have to explain to my mother why I was being arrested for being a homosexual in a foreign country. Which would have been very awkward, and club was great, it was really cool, and it still exists but now it's... it's not, homosexuality is not decriminalized</p>   |   |
| <p>0:66:28</p> | <p>in Singapore, but nobody gets arrested. It's like Texas, 'cause it's actually still illegal in Texas. Well especially</p>  | <p>Pink Dot</p>   |

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| <p>0:67:00</p> | <p>certain sex acts are illegal in Texas, which are basic sex acts for certain strands of people. Nobody gets arrested. It's like that, it's like okay great, do what you need to do, but at the time it was very, there were like cops everywhere, you were being watched. And they had, took a photo of some of the members and they posted it on their paper, like the newspaper and they called them ugly and we were just like, "Oh no," (laughing).</p> <p>Samantha: Wow.</p> <p>Sebastiane: And this is super offensive but we're just like, "can't say anything" and they alluded to the flamboyancy, but they didn't understand what that was about.</p> <p>Samantha: Mhm</p> <p>Sebastiane: Just very flamboyant, very touchy feely with each other. I know a talk happened and it was like, "you cannot touch each other, (laughing) don't do that!" I was like, "but what if I'm supposed to like go up and I'm second tier, so someone is supposed to go up and I'm supposed to hold them. Can I not touch them?"</p> <p>Samantha: (laughs)</p> | <p>Japan</p>                   |
| <p>0:68:05</p> | <p>Sebastiane: They are like, "you're just being too literal." Okay well I don't want to drop her just in case I want someone to come also (laughing). So yeah, we couldn't do something affectionate. Even when you do something well you're like, "High five, ass slap" all that stuff, but you couldn't touch anyone.</p> <p>Samantha: Wow</p> <p>Sebastiane: So, it was just really weird cause they already pegged us. So we had to be very very careful and just make sure that this kinda went off. We were performing in front of the president so it was a big deal to be as straight...</p> <p>Samantha: Mhmm</p> <p>Sebastiane: as you possibly could. The president of Singapore, not of America (laughs). Uh, so we had to</p>  | <p>Podcast</p> <p>Skinship</p> |

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| <p>0:68:53</p> | <p>be as straight as we possibly could. That night they found a gay bar (laughs). I don't know how they found the gay bar but they found a gay bar and we went and it was great, except for, it was...things just seemed really tense and it was weird. You know like that poster right there, it's a really nice poster but there would be like an inch that comes out a little bit and we were like, "Why that? That's odd". And there was TV's with like Kylie Minogue videos playing, which I respect cause I love Kylie and other like show tune posters with like an inch but there is like a divide in the center, like a line in the center of each poster and I was like, "that's really odd". I didn't know what that was until we actually got raided and what happened was somebody pushed a button and things fell over and it became a sports bar. And um, like well a Singapore version of a sports bar and there was like cricket on the TV instead of Kylie and all this other stuff is happening and I also had to get off the table, I was dancing on the table at the time.</p> | <p>Affection</p>               |
| <p>0:69:28</p> | <p>I had to get off the table and I love Singapore slangs cause if you're going to do it, do it Singapore. We didn't know what that term meant anymore which was sad, American. And um, I was naive, I was 18 but you can drink, it's legal. And yeah, it was just terrifying, that oh we are being raided, we're going to die.</p> <p>Samantha: (laughs)</p>   | <p>Affection</p>               |
| <p>0:70:03</p> | <p>Sebastiane: We are going to be arrested and my mom's going to know I'm gay which is worse. Uh, so that happened and then they left and everything went back to the way it was and the guy was like, "yeah this happens like four times a night". "Are you joking?" He's</p>  |                                |
| <p>0:70:13</p> | <p>like, "yeah it happens like four times a night and someone will be taken away, and that's it."</p> <p>Samantha: Wow.</p>   | <p>Feeling of appreciation</p> |
|                | <p>Sebastiane: And there were problems at the time, 'cause this was the early 2000s and it's change now because of Pink Dot. So, Pink Dot is a massive rally that and it says that we, you don't even have to identify as part of the LGBTQ community. You show up and you represent and it's like, "We're here. We will be heard." And they have been doing it for years and it's</p>  | <p>Authentic Self</p>          |

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| <p>0:71:13</p> <p>0:71:36</p> <p>0:71:37</p> <p>0:71:58</p> <p>0:72:25</p> <p>0:72:38</p> | <p>been dwindling down now that it's not, you don't get arrested for it, but it is still...</p> <p>Samantha: Mhm</p> <p>Sebastiane: pretty heavy. Uh, when I lived in Japan it was kinda the same. You could find that there are gay districts there, but it's just, homosexuality is just not done. You just can't be gay there and it's really upsetting because I met a lot of people living in Japan. I lived in Tokyo because I lived there and I was working there and it was just, almost, it felt almost the same. Not as scary because there is not corporal punishment you just get shunned by society (laughing). But they have um, people who pretend to be your partner. There are actually businesses where you can like rent a date. So if you have to go back to your family, you can rent a Beard. Which is really weird and sad because...</p> <p>Samantha: Yep</p> <p>Sebastiane: They just like, my parents won't understand me so I rented this girl for like a night and I had to tell her everything about, like the match, they get matched and have like photos taken, like it's really...</p> <p>Samantha: Wow</p> <p>Sebastiane: It goes deep (laughs). Depending on how much you want to pay it goes really really deep and it's just sad. A friend of mine who I actually did a podcast episode with him, 'cause he lives in Japan as well and he's gay and he just had the roughest time, the roughest time. I had a pretty easy time 'cause I was flirting with girls but I was confused because with girls it's different because they have skinship, which means that girls can be very touchy feely, no homo. Which is what got in my head, was like well I'm obviously touchy you but no homo and I had girls come up and touch my breasts for no apart reason like, "these are big!" and I was like, "Woah (laughing)", and I would get that a lot like they would touch my ass and they would touch my boobs, they were like, "these are really freak machines."</p> | <p>San Francisco</p> |
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| <p>0:72:44</p>             | <p>Samantha: That's so weird.</p> <p>Sebastiane: Like, "are we dating now or? (laughing)" I'm so confused. I can't do this so, it was really confusing 'cause if you do that with a man. It's completely opposite.</p> <p>Samantha: Yep</p>   | <p>Internalized Homophobia</p>            |
| <p>0:73:04<br/>0:73:07</p> | <p>Sebastiane: You're just not suppose to do things. You can hold hands, that's the weird thing you can hold hands but you cannot be affection in a way, you don't get to grab their junk. Um, which I don't know why they did that in the first place. I thought that, "oh maybe they had been drinking" but no they were just very interested. They touched my hair, they touched my butt, they touched my boobies 'cause they were very interested.</p>  |   |
| <p>0:73:25</p>             | <p>Samantha: Wow.</p> <p>Sebastiane: And it was awkward 'cause I thought that this was flirting. 'Cause I had this girl that would just hold me, like be very affectionate, like link arms together, be very close to me and it's confusing 'cause they were not gay, like in the slightest. Like you're sending me some very mixed signals here. Like are we together? Is this a thing? Are you my misan? No, okay. Great. And so, yeah those two places they are almost the same, the scary bit was from Singapore though</p>                               | <p>Coming Out</p> <p>Feeling of shame</p> |
| <p>0:73:42</p>             | <p>Samantha: Yep. So, I guess, how did it impact you coming back here seeing how everyone was treated in like Singapore and Japan?</p>  | <p>Validation</p>                         |
| <p>0:74:21<br/>0:74:22</p> | <p>Sebastiane: So the first time I came back from Singapore made me really appreciate San Francisco a lot because I had, you know for whatever, for whatever it is, you don't live in fear as much as you do over there and that is a hardship and I can relate it to myself because I was never out. I was not out till 34, which I am now, just like months of actually being out. I've been gay obviously but my wife was my, my mother literally called her my gal pal, actually used the term which I thought that's funny 'cause you don't get meme</p> | <p>Marriage</p>                           |

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| <p>0:74:48</p> | <p>but that's okay mom. So, it was upsetting to not being able to be like your, (whispers) I hate saying this oh my god. Authentic self, and so, it's- I hear it all the time, like you have to be your authentic self, you have to live in your truth.</p>  | <p>Feeling of Anger and Validation</p> |
| <p>0:74:49</p> | <p>Samantha: (laughs)</p>  |  |
| <p>0:75:12</p> | <p>Sebastiane: So yeah, it just sucked not being able to be my authentic self and I thought about those people in Singapore and like, for, for whatever it is in Japan there were these clubs, there were these districts you could go to and be your authentic self, or you know live in your truth or whatever. In Singapore you couldn't do it at all. You can't do it at all. So, it's looked down upon...</p> |  |
| <p>0:75:26</p> | <p>Samantha: Mhm.<br/>Sebastiane: in Japan but you will literally be arrested and, like, beaten in Singapore. So, coming back just made me really appreciate San Francisco because you could just be who you wanted to be with no problem and you couldn't in those places and that's very scary.</p>  | <p>Feeling of being Lucky</p>          |
| <p>0:75:49</p> | <p>Samantha: Yep.<br/><br/>Sebastiane: That's a very weird scary feeling to just feel unsafe in such a way and that's just your daily existence and I just don't know anything about it. I don't know. I think about that a lot sometimes. It's different now, it's 2019 it's a lot different, but at the time it was very much a scary thing</p>  | <p>Family</p>                          |
| <p>0:75:49</p> | <p>Samantha: Yep.<br/>Sebastiane: Yep.</p>   | <p>Coming out to Family</p>            |
| <p>0:76:02</p> | <p>Samantha: It's crazy<br/><br/>Sebastiane: Yeah. I mean can you imagine just like loving someone and not being able to hold their hand or to- like, to be affectionate in any little way. I mean I can but...</p>  |  |
|                | <p>Samantha: (laughs).</p>   |  |

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| <p>0:76:44</p> | <p>Sebastiane: Can you though?</p> <p>Samantha: No.</p> <p>Sebastiane: It's-We take these things for granted, like you take the, the small ability to hold their hand...</p> <p>Samantha: Mhm</p> <p>Sebastiane: ...in public without anyone looking at you and just walking along and, even living in Portland it's still hard for me and a lot of that is internalized homophobia and stuff I'm still working through this but it's just that is extreme. You can't do anything.</p> <p>Samantha: Yep.</p> | <p>Religion</p>      |
| <p>0:76:56</p> | <p>Sebastiane: Anything for fear retrovation. It's very scary.</p> <p>Samantha: Yep. So we have about fifteen minutes left and I wanted to let you know</p> <p>Sebastiane: Okay.</p>   |                      |
| <p>0:77:12</p> | <p>Samantha: Is there anything else you wanted to say or just?</p> <p>Sebastiane: Uh, not that I can think of. Can you think of any other questions?</p>   | <p>Straight Edge</p> |
| <p>0:77:20</p> | <p>Samantha: I do have one kinda like, final, finalizing question. Um, so you said you came out in August?</p> <p>Sebastiane: Mhm</p> <p>Samantha: So, has it, how do you feel like that has impacted you since you've come out? Like officially?</p>  |                      |
| <p>0:77:47</p> | <p>Sebastiane: That's actually a really good question 'cause I think about this a lot and I talk about this with my wife because I lived a life of deep shame, feeling unclean, feeling just not in my person and since coming out and being accepted by my mother, was really lovely and it also it, it means, uh... it's hard to put this into words. What does this mean to me? It's so... validating, I think?</p>   |                      |

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| <p>0:77:58</p> | <p>Samantha: Mhm</p> <p>Sebastiane: I mean there's a few things, I think that I went through complete and total hell for the first 34 years of life and if my mother knew, which she said she did then I didn't have to go through the whole process of lying to myself and kinda pushing everything down. I also didn't need to get Michael involved. I didn't have to get married to a man at all.</p> | <p>Feeling of Anger</p> |
| <p>0:78:10</p> | <p>Samantha: Mhm</p> <p>Sebastiane: So, there's kinda a sense of anger in this as well, but it's also very validating where I feel, okay, I can, my mother knows, my family knows. It just feels nice because when you live a lie (laughing), when you have a secret its, it just feels like something is on you, like weighing on you.</p>  | <p>Marriage</p>         |
| <p>0:78:42</p> | <p>Samantha: Mhm</p> <p>Sebastiane: Like physical that on the chest and when I came out, even though she was sobbing and the two ladies in Dover were just cracking up. Yeah I came out in publicly (laughs). Um, it's like I could breathe for the first time.</p>  |                         |
| <p>0:79:05</p> | <p>Samantha: Yep.</p> <p>Sebastiane: And I haven't stopped breathing and it's been great and sometimes I get really light headed when I think about how lucky I am. That it could have gone the opposite way and she could have really just not spoken to me ever again and disowned me but bitch still calls me every week and (laughs).</p>  |                         |
| <p>0:79:23</p> | <p>Samantha: That's awesome.</p> <p>Sebastiane: Ah we Facetime so she's like, okay.</p>  |                         |
| <p>0:79:25</p> | <p>Samantha: Yeah, that's the real deal.</p>   |                         |
| <p>0:79:30</p> | <p>Sebastiane: Yeah, she just won't stop. That's why I moved away to create distance from my family</p>  |                         |

|         |  |  |
|---------|--|--|
| 0:79:33 | (laughing). But yeah no she, she very proudly told my sisters as well.   |  |
| 0:79:34 | Samantha: Wow.   |  |
|         | <p>Sebastiane: And that's was the other thing, that she, one of my sisters already knew because I told her, such a long time ago. I was like, "yeah," and she was like, "yeah I already know." "How did you know?" "well hair was different." I had um black and green hair at the time, like ombre. I'm going back to that but Pink and she's like, "You have gay hair," I was like, "What (laughing). Oh my god you have no idea, but she said to me with her outloud voice and but we have been talking ever since and she was like, "yeah I know it's fine." She guessed the girl that I was kinda dating at the time my life and she was like, "was she?" and I was like, "yes", she was like, "(whispers) okay I knew it."</p> |  |
|         | Samantha: (laughs)   |  |
|         | Sebastiane: And, but then my mom very proudly told my younger sister who is also Christian. My whole family converted, I was the only one that was left a Jew. Now I'm an Atheist but I keep the tradition on because it's very important to me  |  |
|         | Samantha: Mhm  |  |
|         | Sebastiane: And so, she took it well. So yeah cool, like great, alright. Anyone else in the family you want to tell mom? And she's like, "no". I'm like great but yeah, that was good, it was really good and I feel good.   |  |
|         | Samantha: That's good.   |  |
|         | Sebastiane: It's weird. I'm not living a lie anymore. I could have had so much sex when I was younger though.  |  |
|         | Samantha: (Laughs)   |  |
|         | Sebastiane: (Laughing) I was really disappointed in that. I was married for a really long time and I was also straight edge (laughing). I don't know, you guys are probably too young to know what that means. Straight  |  |

edge. Yeah, it was a musical movement and uh it, it meant. There was a whole lifestyle attached to it, so you didn't drink, you didn't do drugs, you didn't smoke, some people didn't eat meat. I was one of those people. I was vegan and you didn't even do like aspects...Do you know it?

Kaitlynn: Yeah

Sebastiane: Yeah I'm not stupid. (Laughing) and so I move the hand thing. So, I could get away with not having sex. I was like oh, I'm straight edge and everyone was like, "oh, okay cool right on."

Samantha: Huh.

Sebastiane: So, that's how I like remained that way. I could have so much sex mother (laughing). You ruined it for me. Anyway (laughs).

Samantha: (Laughs)

Sebastiane: (Inaudible) Anyway, this is a big wet cloth. Yeah it's two fold. I feel angry with the fact that, not just the sex but literally living a complete total lie and I had to bring other people into it with me. 'Cause I dated people and it was just like, this is only going to go so far because I'm straight edge and they were like "okay cool". And then Michael which I just, I feel kinda the worst for him really. I mean we were married for a really long time, like thirteen years.

Samantha: Wow.

Sebastiane: We were married a really long time and we had no children for obvious reasons (laughs), so it's, I'm kinda mad at that and my mother loves Michael and she's like "you know you hurt him too". Which she knows, I need you to feel bad about that because he could have had kids which he'd like to I think but now that is kinda gone for him.

Samantha: Mhm

Sebastiane: He's a lo-he's a lot older than me, he's older than me. Uh, so yeah it's gone for him and now he's stuck with two lesbians and their dogs (laugh) so, but then I also feel really good, great, and wonderful so. Two fold.

Samantha: Yeah, that's awesome.

Sebastiane: Thank You. Well I think you guys did really well (laughing).

Kaitlynn: Thank you.

Sebastiane: Was that bad for the first time interviewing someone?

Kaitlynn: No you did fine.

