

[Transcript] Mamamia Out Loud / A Sleeping Woman & What A Man's Prepared To Do On Camera

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Mamma Mia Out Loud!

Hello and welcome to Mamma Mia Out Loud, what women are actually talking about on Friday, August the 11th.

I'm Holly Wainwright.

I'm Mia Friedman.

And I'm Claire Stevens.

And on the show today, what a reality TV show tells us about what men are comfortable doing on or off camera.

Plus, how many hours a day does it take to be a stay at home parent, the argument the internet's furious about, and are best and worst of the week, which range from falling suitcases, empty homes, and a quiz show surprise.

But first, in case you missed it, Mia.

There's a new beauty trend going viral on TikTok and it's called Barbie Botox.

No, it is not more Barbie movie marketing.

We don't think, but we can't be sure.

So trap tox or Barbie Botox is when you inject botulism toxin into the muscles in your neck, which are called your trapezius muscles, to make your neck look longer.

Oh.

Dr. Sam Rizk, who is a plastic surgeon in New York City, explained in a New York magazine article, the trapezius is an important one.

By one I assume he means muscle.

Not only is it responsible for posture, but it allows you to tilt and turn your head, shrug your shoulders, lift your arm, throw a ball, many things.

By weakening it with these injections, you run the risk of limiting a lot of really important functions like maybe, I don't know, holding your head up.

Oh my God.

Holly, do you need a longer neck?

Do you want to look more Barbie giraffe-like?

This is why we can't have nice things, isn't it?

Because Barbie incredible movie of female empowerment, surprise feminist masterpiece has now just led

to a whole lot of headlines about how we could all look a bit more like Barbie.

This is what we were scared of.

Please no.

Which is exactly not the point of the movie, like exactly not the point.

Apparently this placement of Botox is really popular in South Korea for a really long time.

It's like the second most popular place to get Botox, and I've heard of it.

I've heard of people who are really toned and muscular getting it, and it's so bizarre to me, as that doctor says, that you would relax muscles that you really need in order

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to stand up straight and function.

There's a sentiment doing the rounds online this week, and it's in a world full of Luke's and Laura's Ben Aisha or a Captain Jason.

I'm lost already.

Yes.

For people who aren't watching Below Deck Down Under on Hey You, that lesson may need some explaining.

For context, Below Deck Down Under follows the crew of a super yacht off Cairns, Queensland, as they live, work, and party together over a hectic six-week charter season.

Usually, like all great reality shows, it's petty drama and work fights and difficult guests and so on.

It is excellent.

It is my kind of reality show, but in the newest episodes, issues of consent, sexual harassment, and assault have played out in front of global audiences.

So I'm going to give you a recap of exactly what happened, and please butt in with questions.

The crew had been chartered for a few days with a group of American guests, and after receiving a huge tip, they go for a night out.

A American crew member, Margo, becomes intoxicated, and a guy called Luke, who's Australian and it's kind of embarrassing for Australia, has been hitting on her all night.

Margo is firm with him when they arrive back on the boat that she just wants to go to bed.

Not rude, just like, I want to go to bed.

Margo's boss, Aisha, can see how intoxicated she is, so checks in with her.

And Margo reiterates she wants water and sleep and no Luke.

Aisha can sense that Luke has been pushy with Margo throughout the night and he's made a few just inappropriate jokes.

And so Aisha doesn't want to leave Margo by herself.

So she goes into Margo's cabin.

She's worried that Luke's going to come.

Yeah, when she's unconscious.

And take advantage of her.

Exactly.

And she literally says to Margo, I don't want your drunkenness.

Take advantage of.

So she puts Margo to bed and literally waits in there with her.

There's then a power outage on board, so Aisha has to leave the room to go and deal with it.

Once the power out, Luke, who at this point is completely naked, just wearing a towel, enters Margo's bedroom and climbs into her bed.

The producers then break the fourth wall to intervene and tell him to get out of the room.

Nobody's hysterical.

Nobody's angry.

They just say, oh, come on, mate, you got to get out.

Can't do that.

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They're calm, but firm and he continues to be whispering like kind of leaning over her.

He's completely asleep, unconscious, leaning over her and whispering, even though there is now a producer literally behind him, tapping him, saying, you need to get out, you need to get out.

He eventually slowly gets out, but then tells the cameraman, can you fuck off for a second?

He's now naked and slams the door and holds it closed as production try to push against it.

And he's inside with.

With Margo.

Margo, who's still unconscious.

Production just keeps repeating.

We can't do that and pushing the door.

And eventually when they get in, Luke leaves and locks himself in his own room.

Ayesha returns to see Luke walking out naked and asks Margo whether she consented to him being in there.

And of course, Margo is like, no.

And Ayesha is like, oh, he was naked.

And Margo has had no idea.

Ayesha is really distressed.

So she goes to the captain, Jason, and tells him what happened afterwards.

She tells the camera she's had her own experience of sexual assault while she was drunk and the whole thing makes her feel really, really sick.

The captain immediately tells Luke he needs to get off the boat.

He's staying in a hotel that night.

And the following day he terminates Luke's employment.

Good.

Last night, you know, there was boundaries crossed, there was indecency and you went into someone else's cabin without consent.

Like I was naked?

Yeah.

Unfortunately, I've got nothing else but to terminate your employment.

Except that.

Meanwhile, there's another member of the crew, Laura, who has been relentlessly hitting on a guy called Adam.

He's told her repeatedly.

Is he another crew member?

Yes.

Another crew member.

And he is clearly trying to not embarrass her and is just saying, oh no, I don't want to hook up with anybody.

I just want to be friends.

She has also had to be asked by producers to leave his bedroom because she just keeps physically.

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Turning up.

Yeah.

Unfortunately, when Laura learns what happened to Margo and how Luke's been fired, she starts pouting at Margo and saying how unfair it is and how sorry she feels for Luke.

And she says, he should have come to my cabin because I would have liked it.

And then explains to Margo that he's a funny guy and it was just a joke.

She literally says, it's not like he would rape you or anything.

She also tells Margo, it's not like you were saying no to him all night.

He felt welcomed coming there.

Ayesha speaks to Captain Jason about Laura's behaviour and her employment is also terminated immediately.

Two things.

One, Adam feels uncomfortable with some moments out and he's tried to say no.

You have not listened to him and his boundaries to be set.

The second thing is, after my multiple speeches with the crew about boundaries, about respect, did you not go into Margo and say, poor Luke, I wish he would come in and see me.

I'm trying to move forward as a team.

I'm trying to get that behind us and you have brought it straight back up.

So in that, I'm going to terminate your employment today.

This is fantastic.

I know.

What I found so refreshing seeing this play out was how real it felt and the nuances of how we behave in these situations in real life.

Like this is how sexual assault sometimes happens.

It's a guy who thinks it's all a joke and that everyone's overreacting and then other men and women who weren't there taking their side and making you feel stupid or embarrassed.

The line about, it's not like he'd rape you or anything.

That's meant to make Margo feel ashamed that she's even upset about the situation.

That a naked guy got into bed with her without consent.

Mia, do you think it's important we see these events on TV?

I think it's outstanding.

Like I was riveted by that story, I have to say, and I'm thrilled that it all played out because it could have all played out behind the scenes and I'm sure usually on reality shows if something like that happened, it would have played out behind the scenes.

So I think that speaks to the climate that the producers knew that they had to show that firstly, good for ratings and it's worked and conversation, but also covers themselves if Margo then came out and said, this happened to me on the show.

My only question though, and Holly, I'm interested in what you think about this, is that these reality shows, I've watched Below Deck maybe once or twice, but they're basically, let's give people a lot of alcohol and then watch them behaving badly.

And with Below Deck, it's like this young hot crew and the whole point is that they've all got to hook up, right?

And then there's this drama because that one was with this one and whatever.

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So I feel like that complicates it slightly and I don't for a second mean to say that just because you are in that kind of show, it means that you consent to having someone get into bed with you and you're drunk.

But the girl who's hitting on the guy, isn't that what she's sort of meant to do for this show and then he's not interested and Holly, what do you think?

I agree.

I think obviously I'm in full agreement that I think this is a brilliant example.

To be cynical about it, they kind of have to take that stance now.

There have been cases in the past, I was reading about a case on Big Brother in Spain where once a similar thing happened, right?

Where a man got into bed with a woman who was drunk and asleep.

She had no idea it happened and the next day the producers called her to the diary room and showed her the footage and she broke down, incredibly distressed and they basically are using that kind of thing for ratings.

We all know that happens and I think it's great that that's not what's happening.

I also think it's great that the people involved, the cast involved have very strong guidelines but I agree with you Mia that I have a pinch of cynicism about the idea that reality TV is meant to be dramatic, is meant to stir up trouble and in an ordinary workplace there wouldn't be this level of risk.

Do you know what I mean?

They're deliberately creating a risky workplace for all the people in it and it's really good that it ended this way and I very much agree with you Claire that what's great about it is the complication.

This is so common.

I don't know very many women including myself who don't have a variation on this story in real life with really different kinds of outcomes but you know the idea that somebody's just getting into bed with you and I thought it was on and even the phrase that you used before Mia that we've all been used forever, they took advantage of me.

I know.

Even that now.

I heard myself say that but you're right.

I would say the same thing like I've used that phrase that's part of our lexicon of how we talk about sex in this situation and it's so great that we're having this example play out of zero tolerance of it but like you Mia, I've got my eyebrow up about like oh yeah, reality TV with the moral lessons.

I don't know if it is necessarily uncommon in a typical workplace.

A lot of people have pointed out you know people who do these kind of charter seasons or a crew on a boat.

This is really really common because you're living together.

Oh no sorry, no don't get me wrong like I don't mean that in normal work situations that wouldn't happen or if you're traveling and all those things it wouldn't happen but this reality TV show is a workplace and surely they have a responsibility to make it safe.

So they all go out to celebrate how they got this really good tip and I watched and I thought

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oh I've so been in this situation where group of people and you're all trying to keep up with the drinking and not everybody can keep up and especially if men and women are drinking the same amount there is a power imbalance because women generally because they're physically smaller cannot hold the same amount of alcohol as men can.

So you can see that this Margo she's sitting at the table and she's like I'm lacking out right now.

I'm so so drunk whereas the men are fine.

May the producers not have intervened at that point.

I did think Luke made his way into that room and got into the bed.

They could have stopped him before he did that.

Yes but not such good TV though is it not such good TV.

But I will also say I will also say that the thing that felt so real about it to me is that you can see the progression of the situation and the reality is for a lot of people it is awkward to make a call at what point the line is crossed and so I do really respect those producers for he's in the bed and they go wait we can't just film get out get out. You're right because again the cynical bit of me is like they could have stopped him going in there and he could have gone in there and blocked the door.

They were putting her at risk by letting him go in that room but I do get the point that often it takes a minute to catch up like oh though this is really bad.

But clearly Aisha knew it was really bad and that's why she was sitting with her all the time and maybe it doesn't matter if it's been played out for ratings because what we've been given is a really good learning moment an example for the world to talk about it.

This story's been going nuts on Mamma Mia.

Maybe it doesn't matter but I still just hold on to my cynicism that it does make for good TV and that Margot could have still been at risk.

It does show how effective zero tolerance is and the fact that the captain made that call straight away and went you're off the boat you're leaving.

I went yeah no you know oh did he know that she wasn't consent in none of that vague stuff.

This is the best thing not only for Margot but for Luke.

This is never appropriate ever.

How many hours does a stay-at-home parent work?

According to a man on the internet who has sparked quite the ding-dong not many.

So this was on Reddit which is a place in the internet where people state unpopular opinions or am I the arseholes or kind of pose questions that then everybody weighs in on.

This particular post was in the unpopular opinion and four and a half thousand people wanted to respond to it immediately.

This man posted, stay-at-home spouses who complain that their partner doesn't help enough are typically full of crap.

My wife and I have been together for about 15 years with three kids.

I've been the sole provider for most of this with her staying home

but for a period of about two and a half years I was the stay-at-home spouse.

It was the best time of my life.

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I was very self-conscious about being a stay-at-home dad so I went above and beyond to take care of the

home and kids.

It took about two to three hours per day for the first few weeks.

Then just maintaining what I'd done was about two hours a day.

I got to spend more time with my kids.

It was great.

My wife was putting in 10 to 12 hours each day between getting ready, commuting and working.

You bet your sweet ass I made sure she didn't have to lift a finger when she got home.

If she did anything to help it was because she genuinely wanted to.

I'm not talking about spouses who are slobs or aren't engaged with their kids or partner.

Certainly those are issues to be talked about but complaining that they never do the dishes

I would never expect them to.

Oh so that was posted as an unpopular opinion and the internet exploded about it.

Why?

Me a freedman.

I'm a little bit confused by the maths of this and maybe this is boy maths that I just don't understand.

But my girl maths say that if he was only doing two to three hours a day what were his children doing for the other nine hours or 10 hours that his wife wasn't around?

So perhaps they were at school or daycare or something like that.

They were out of the house because what I read this to mean was that keeping the house tidy and organizing the dinner and everything took two to three hours right?

Because looking after a human 24 seven that taking two hours that math doesn't math.

I agree.

Yeah that doesn't math.

So I would say that if you take the children out of it so let's say that kids were at daycare right and you just had to drop them off and pick them up or school or whatever.

Taking two to three hours to keep a house tidy and cook a meal and do washing and shopping and all of the things that are required I think that is feasible but it depends the level at which right?

So we talk a lot on the show about how sometimes and this is a stereotype but women will increase their mental load because they want everything done to their particular standard and I have this reversed in my house so my husband's version of what's tidy is so much greater than mine and I say well I'll do it but I'm not doing it to your standard.

I'll do it to my standard which I think is a much more reasonable standard and takes far less time.

So I think it's subjective how long it takes.

The bit about when she comes home I think that's really interesting because if you say your job through the day is to provide meals so you've both worked 12 hours right?

When she's been at work you've been at home so when she gets back shouldn't it then be split from then on?

Yes because you've both been working.

Because you've both been working.

I'm a bit confused about that.

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And the fact is that in a lot of cases and I know Holly and Mia you are kind of the exception with the dynamic in your relationships but for a lot of people dad goes to work.

Mum for a period of time often in this economy it's very hard to be a stay-at-home mum but if you are doing that for a period of time you're at home with I think age comes into it because again yes they might be at daycare but if you are looking after a newborn, if you're looking after a child that you're feeding then that's a completely different dynamic.

The idea is when your partner comes home and thinks well my day is done I've just been working I mean A there's the relationship with your kids which would be quite nice

like for you to walk in and just be like okay cool everything's done

well no you actually it would be nice for you to talk to your kid and cuddle your kid and maybe help feed them or bathe them and B if the mum has been working all day and then the dad gets home

and isn't expected to do dishes the mum's then just working 24 hours instead of 12.

The thing about this like the two to three hours a day and all that I mean I think it's a furphy because I think there isn't really a one size fits all when it comes to stay-home parenting

there are just so many variables about how old the kids are how much support you've got all that kind of stuff how high needs everybody is but the idea of she's already worked she shouldn't have to lift a finger when she gets home and therefore the other way around is the bit of this that just makes everybody want to set their hair on fire now unpopular confession from me

I relate right I don't have a stay-at-home partner but our family is probably pretty common standard for a lot of Australian families just with our roles flipped in that

there are actually very few parents who just don't work at all in Australia anymore because in most places it's almost impossible to survive that way but what is very common is that one works more than

the other outside the home right and so if you use that dynamic in our house that's me the person who works more sometimes if I walk in the door and I've been away working for a few days or whatever

and there's washing everywhere and the house is a mess I get a bit shitty

like a 50s advertising executive who's walking in and would like my martini and my nicely cooked meal and my well-presented children please don't drop your wane right isn't that what I signed up for

here like what have you been doing all day yeah and you know if he doesn't have his lipstick on and his makeup done then it's like presenting yourself well welcoming me like a happy dog and he's not doing all those things that we should be doing sometimes you get a bit shitty but because you're an empathetic human being you go oh that's right this has been work as well like I've been off working but you've also been working right here the idea that a spouse of a family can walk in the door and sit down and put their feet up and have a glass of wine while the other one makes a dinner clears up from the dinner puts the kids to bed tidies the house up afterwards because they've been out working all day is the reason why people get divorced all the time because it's basically saying I don't value what you're doing to defend the person who just comes home from work because I also know the feeling of when you've been at home with a little kid the person walks in the door and you literally throw the baby at them not throw the baby and hand the baby lovingly to them and then say I need to go and have a shower have a shower and just look at

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my
phone and just have some time with nobody touching me I get that but then also the person who's been
at work all day like sometimes I think that we can turn into this binary of who has it harder and that is the olympic game that you play often if you're in a couple and you've got little kids or kids or anything it's like who's doing it tougher if you've gone to work the whole day and you come home and then the other person wants you know you sort dinner you deal with the kids
I can't do anything because I'm exhausted that's also not fair on the person who walks in because let's not pretend that being out at work all day is easier I think it can be both and the biggest thing I'm noticing in people my age who might have babies or little kids is it's partly the logistics and the load of all the things that women find that they're doing but it's also the relationship dynamic that there are people whose partners kind of come home relax from work go to bed the woman is thinking can we have a conversation like the idea of doing the dishes or helping bathe the child or whatever is actually also about connection and loneliness because the mum has been at home all day with no one to talk to potentially the dad has been at work and talking
yes and being able to go for a walk and get his lunch no but that can be exhausting for the person who walks in the door I remember when I was working from home this is before the internet and Jason would come in after work and I would like launch myself at him what did you do who did you talk to where did you go and he was just like I can't and I hadn't talked to anyone for the whole day so I was desperate to talk this is why it's a really high risk time in relationships right those early years if that's what we're talking about and I've seen it happen over and over again is a time when relationships are really really tested because to be honest whichever side of that binary you're on life is really hard the demands are really high there is very little time for sitting around connecting some of the responses on this guy's reddit were brilliant but what a lot of women pointed out and this is also borne out through our own experience is that even if they are the primary breadwinner and even if they are the ones who work outside the home more they still overwhelmingly carry the responsibility of most of the domestic mental load too so it's a rare family and it does happen and you know mine is pretty good at this but where is the primary breadwinner if she's female is not also the primary household manager and that is just an unspoken truth this guy he sounds like I'm just having lolls like it took me two hours and then I kick back all day and I'm just like I don't know do you know when your mother in law's birthday is and do you know what you're getting for her like there's there's all that other mental load a lot of comments on that thread were from stay at home dads saying that being a stay at home dad is the easiest thing they've ever done and it was so much easier than the full-time job they worked before and I think there's also something to be said about potentially the standards for stay at home dads being a little bit less and stay at home dads go to pick the kids up from school and they get a round of applause and they go to the park and everybody looks at them
and thinks oh my gosh what a brilliant parent whereas if you're the mum you get absolutely none of that praise because you forgot silly hat day yes and the standards are higher if you want to make mum Mia out loud part of your routine five days a week we release segments on

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Tuesdays and Thursdays just for mum Mia subscribers to get full access follow the link in the show notes and a big thank you to all our current subscribers

it's time for best and worst of the week I'm going to go first my worst is actually a story that I read in the Washington Post it wasn't the story itself but it was the topic so you might remember two years ago basically America banned abortion in most states you can no longer get an abortion and this story followed these two teenagers who found themselves accidentally pregnant around the week of the abortion ban they were in a state where abortion was completely banned so what was really interesting is that they did a story on them two years ago when she was pregnant and what had happened is that they'd both sort of grown up in fairly poor families they had very bright futures so they were basically about to break that poverty cycle of their families both the boy and the girl I think they were like 16 or 17 and they were about to leave school they were looking at getting scholarships to college she felt pregnant couldn't get an abortion turned out she was pregnant with twins she was forced to have the baby he stuck around and they're basically the

Washington Post checked in with them two years later and this is a really really difficult story to read and a difficult problem to hold in your head because they've had these two-year-old twin daughters Kendall and Olivia and Brooke and Billy who are now 19 their lives are shit like their lives are shit their relationship is clearly not going to last neither of them have gone to college she's at home miserable the photos alone the photos are depressing and it was incredibly moving because you know obviously the anti-abortionists will say these babies would never have been born had they been able to be aborted and that's true and it's not like Brooke and Billy are saying I wish they'd never been born but the starkness of the change in their life and how every potential possibility for their future is gone it's a very stark reminder that this law is changing lives and

women who have money will always be able to get abortions women who don't will have their lives and irrevocably changed my best this week was very simple I had a day working from home yesterday and nobody else was in my house not one person how about the dogs one dog was at dog school oh wow the other dog was there and she was fairly low maintenance so it was just I don't remember the last time I was alone in my house what do I have quite homebody children as well so they like to be at home and often they'll have their friends over which is fine but just being alone and also my husband will often work from home so it was just great obviously I ran around naked I did it I didn't run around naked but I just I just could sing I could do all the things that people tell me not to do when there's other people there and it was just lovely my worst was going to be the agonizingly painful mouthful of ulcers I had on the weekend when I was sick but then something happened that was even more annoying and irritating

than that and that was a column that I read in news.com about the Matildas so like much of the nation and every out loud and knows and I'm sure many are saying shut up obsessed I know that we're

all obsessed about tomorrow afternoon's game but some people feel a feeling the need to explain why

they were right all along about women's sport they've been saying that no one likes women's sport and now confronted with the evidence that more people watch the Matildas game on Monday night than watch the last AFL Grand Final than watch State of Origin you know that the games are sold

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out confronted with this very compelling data they need to explain why they were still right and one of these was a column on news.com written by Caleb Bond and he was very complimentary about

the Matildas which is great but he said no no no though what you've all got to remember is the reason people like watching these women play this game is because they're good and most other women's

sport is not good in fact it's crap and he used an example of the AFLW and said that audiences are dropping off for that in droves because it's not as good the women can't kick as far can't score as many goals the standard isn't as high the reason it was my worst is because it was one of those articles that when you read it you're kind of shouting at the screen of like but you're not saying the obvious thing and when you're writing opinion sometimes the obvious thing isn't convenient

for your opinion so you're like can I ignore that but it's that there has been investment in the Matildas there has been time it has taken a long road it's not like the Matildas became an overnight sensation and that four years ago women's football World Cup Australia was obsessed and all those things it has taken a long time it's taken a lot of investment it's taken the grassroots work and support of so many women and it's taken a level finally of equality of investment in women's football that is not yet shown in the AFLW it may be in 10 years time the women's grand final may be just as well attended as the men's and it might be the number one commercial ticket item but just hold it up as an example of going these women can't kick and these women can made me want to kick my phone my best is very silly it's that I may never win a literary award I may never accept an Oscar for best original screenplay but my little book I Give My Marriage a Year was featured on The Chase this week which is a daytime quiz show that way more people than I know actually watch than I'd ever expected because they all sent me this glorious moment when Larry

Emdor reads out a novel by Holly Wainwright is I give my marriage a what a year b 10 c crack I give my marriage a what um a do you know this one no it just sounds right sounds okay locked in year correct answer is

and the best thing about that is that the wonderful woman who guessed correctly

Larry says as you heard oh do you know it she's like nah

and the second thing is that one of those choices was I give my marriage a crack which is really what I should have called the book all along absolutely made my week my worst was I have moved this week from apartment to apartment enough yesterday is the worst it was freaking horrible yesterday I cried several times just it's just a lot I didn't do a lot but I was there so yesterday morning I had to go to work and before I left I was sort of putting some things in a box and Rory was up high getting a suitcase and he tried to get the suitcase from behind the one in front fell on me it fell on my head and then my shoulder and I had a toddler response I just cried but for like half an hour and it became everything it wasn't about the suitcase it was like the original emotion of like excuse me ouch and then it became the why is this so hard why is this my life we have to move it's not fair it's very stressful so that was very very sad and I came in and I've just told everybody about how a suitcase fell on my head oh my gosh but he tried to treat me like a toddler I'm like sit me down and like get me a glass of water and I was like no I need to have a tantrum I need to validate all my emotions and I need to stomp my feet so it was

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it was just a very hard day but my best is when you move into a new place and there's all the possibility in the world I'm going to be a new person I'm going to be an interior designer I have no taste which is hard actually when choosing things to decorate a place and the same absolutely no taste but I have downloaded Pinterest and I have images and I want to turn this into a beautiful beautiful little haven just sort of found herself a little bit when she and Luca first moved in together she created what did she call the moments around the house with like dried flowers she's really good at it so she has promised her and Luna are going to come over and she is going to walk through and give me interior design yes everyone downloads Pinterest when they move and they use it for three weeks and then I believe that language until they move again and then they go oh yeah Pinterest I've saved about five images and I'm like I'm a new person I have a quick recommendation before we go and they are Sambas Adidas Sambas I've always been a

fan of Adidas gazelles I love gazelle shoes just love Adidas actually the Adidas blue is very close to my heart so I've been hyper focusing on Adidas shoes for a little while now and Sambas are a type of shoe not since Dan Smith Adidas shoes remember when everybody it was like

the shoe of the year those white trainers with a bit of blue or a bit of green at the back the new shoe is the Adidas Sambas it's usually the white version with three black stripes although it comes in lots of different colors they go with everything you can wear them with a suit you can wear them with jeans you can wear them with a dress if you can't find them can I recommend that you

download the stock X app it's STOCKX I learned about it from one of my kids who was really into sneakers for a while what they do is that they saw sneakers from everywhere so it's kind of like a place where you can find sneakers and they will authorize them and then send them to you so the one thing is you can't send them back so make sure you get your size right and sometimes Sambas are in you got to buy them in men's sizes anyway there are size guides just be careful about ordering the right size but you got to jump there are some available if you go to adidas.com.au and the big sneaker places but Sambas highly recommend if you're looking for something else to listen to on our latest subscriber episode that dropped this morning we're recapping and just like that episode nine and there's so much to say because it's the one Clare Wright with Brady and Lily my favorite storyline it's the one where Carrie and Aiden are just like so loved up and Claire and I had a realization about three quarters of the way through this episode of oh this is where this is going and it isn't where we thought it was is it absolutely not I am very much team Carrie's beautiful new apartment anyway you can get that by following the links in the show notes and tell us what you thought thank you for listening to Australia's number one news and pop culture show this episode was produced by Susanna Macon and Tali Blackman

and the executive producer is Eliza Ratliff and audio production is by Leah Porges and we will see you on Monday bye bye shout out to any Mamma Mia subscribers listening if you love the show and want to support us as well subscribing to Mamma Mia is the very best way to do so there is a link in the episode description