

Secret Feminist Agenda Transcript

Hannah (Host):

[00:00](#)

[Music: "Mesh Shirt" by Mom Jeans] Hi, I'm Hannah McGregor and this is *Secret Feminist Agenda*. And to keep up the theme of you recording the intros to episodes and exciting and exotic locations, I'm coming to you today from Calgary. Yeah, I know. I'm actually here with my *Secret Feminist Agenda* collaborator Siobhan McMenemy. We just gave a talk at Mount Royal University this morning about the podcasting project and what we've learned from it. If the audio recording worked out, fingers crossed, but also TBD, then you'll probably get to hear that conversation as a bonus episode at some point. But of course, I would never let my various exciting travels interrupt the very consistent release schedule of this podcast, except for that time a couple of weeks ago where I totally let my travels interrupt the release schedule. But it's not going to happen again this season and I feel really confident about that because there are very few episodes of the season left. In fact, this episode is kind of the beginning of the end of a particular stage of this podcast. So *Secret Feminist Agenda* has been funded by the Social Sciences and Humanities Research Council in Canada and the funding term of that project is coming to an end, which doesn't mean I'm not going to keep making the podcast. At one point I kind of thought it might mean that, but I have at least another season in me. I've sat down recently and wrote down people I still really, really want to talk to and there's at least another season worth of interviews in there. So the podcast itself isn't ending, but the nature of the project might shift a little bit once our grant comes to a close. So because this is the last season that's going to be part of this really specific pilot project, I decided I was going to close the season out with a little bit more specific direct engagement with subjects like podcasting and public scholarship, and how those things fit together. So the next two interview episodes that you're going to hear are going to be with other really interesting feminists who are using podcasting specifically to do public scholarship or publicly engaged work in different kinds of registers. And then the final interview episode, which I actually don't want to announce yet because I am so incredibly excited about this guest that I don't want to jinx it, but the final interview episode of season three, if things come together is so exciting that I feel a little bit like throwing up and I think about it. That's fine. We'll also be closing out this season with our panel conversation that I'm really excited about. It's going to be sort of an informal round table conversation between myself and former guests of the podcast, Lucia Lorenzi, Brenna Clark Graye, and Erin Wunker. We're all going to be in the same place for our conference in May and they agreed to sort of help me wrap up season three with a, kind of like a round table or a panel discussion about public feminism. And in between that, I'm going to try to focus

Secret Feminist Agenda Transcript

the minisodes on topics that are a little bit more specifically about the kind of work that this project has been doing, including a promised minisode about the idea of the anecdote as a genre, and the ways that anecdotes function as forms of knowledge or forms of storytelling. So now that you have a sense of what the next month and a half of this podcast is going to look like. Let me introduce this week's guest. [Music: "Mesh Shirt" by Mom Jeans] Jimanekia Eborn is a queer media consultant, comprehensive sex educator, and sexual assault and trauma expert. She's the host of *Trauma Queen*, a podcast miniseries for survivors of assault and allies. The podcast focuses on uplifting voices in all communities and exploring our collective journey to healing. [Music: "Pursuit of Happiness" by Kid Cudi]

- Hannah (Host): [04:51](#) With this project. It's primarily, sort of, a scholarly podcast that I'm trying to convince the university constitutes scholarship.
- Jimanekia: [05:00](#) Yeah.
- Hannah (Host): [05:00](#) And then trying to figure out how to fit the norms of scholarly communication into the world of podcasting and that's presenting all kinds of really interesting challenges, because the university runs off unpaid labor based on the presumption that you have a full time job within the institution and so don't need to be further recompensed for anything that you do, but that's not reality when you are doing community-engaged scholarship. And so trying to figure out how to make those systems work together has been an ongoing challenge because there's often just no line in the grant to pay anybody who isn't what the grant bodies referred to as "HQP" or "highly qualified personnel."
- Jimanekia: [05:43](#) Oh wow. Our grant is through The Effing Foundation.
- Hannah (Host): [05:47](#) Mmhmm.
- Jimanekia: [05:47](#) Have you heard of that?
- Hannah (Host): [05:48](#) I have not.
- Jimanekia: [05:49](#) And so they do, they do one once a year. So I did their test run last year for another organization that I used to be a of and then we did this one. And they do stuff predominantly focused on any type of sexual education or anything that has to do with sex positive stuff.
- Hannah (Host): [06:04](#) Mmhmm.

Secret Feminist Agenda Transcript

- Jimanekia: [06:04](#) And so they give out like, I think the minimum they'll give out is like \$2,500.
- Hannah (Host): [06:08](#) Yeah.
- Jimanekia: [06:08](#) Or \$2,500 to \$5,000.
- Hannah (Host): [06:10](#) That's great. And is that mostly for you going to go towards paying guests who are on the podcast?
- Jimanekia: [06:15](#) Well they're also like, "please pay yourself." So we're paying ourselves back from doing other stuff and then paying, I try to do like gift bags for guests, especially cause I have people talking about such hard things.
- Hannah (Host): [06:26](#) Yeah.
- Jimanekia: [06:26](#) So I'll do like a self care bag. And then like paying the artist, who's great, who just does all the things and the editors and stuff, cuz I'm, I'm like, "that's not my jam. I'm not editing shit." And so paying the editors and stuff [sighs] it's a lot.
- Hannah (Host): [06:39](#) The idea of like podcasting, self care care bags is so, so beautiful. Does that mean all of your guests are in person? Are they always in person conversations?
- Jimanekia: [06:49](#) For the first season? Yes. The second season, no. So then I would send them like \$10, like go get lunch or something.
- Hannah (Host): [06:55](#) Oh, awesome. Part of a conversation I'm interested in having is about the notion of the expert, and the notion of expertise, and I really love right away the way that that sort of centers the expertise and value of the labor of your guests. So let's back up a little bit, and can you tell my lovely listeners a little bit about *Trauma Queen*, the project and how it got started.
- Jimanekia: [07:19](#) Yeeesss. *Trauma Queen* came up when I was sitting with my manager and I was like, "I just don't want to be in a classroom teaching but I want to have conversations and talk to people." And they were like, "oh well we can do a podcast." And we were like, "Oh yes we can do a podcast!" So we figured out, you know, *Trauma Queen* in the sense of like, I want to work through people's trauma and like support them and help them figure it out. And Queen, just because I'm the queen. And then we were like, "okay, well what does this look like?" It's going to look so different. Like we really just made it up. Like, you know, Dan, Dan was like, "I don't listen to podcasts." And I was like, "I

Secret Feminist Agenda Transcript

know." But like at the podcast I listen to are so different from what I'm doing that I was like, "Oh shit, what are we doing?" So I was like, "I want it to not be about me." Like I want to be here to support the conversation. But this is a platform for individuals that are constantly overlooked and I want them to share their stories because I find that there's so much healing in sharing your story, and also sharing like the good parts and the bad parts, like being real about it. And that's what we created the platform for.

- Hannah (Host): [08:20](#) So you, you have two seasons out so far.
- Jimanekia: [08:23](#) Yeah.
- Hannah (Host): [08:23](#) And each season you sort of focused on a particular topic. So what inspired the, the desire to, sort of, focus around a single topic when you structured your seasons?
- Jimanekia: [08:35](#) Yeah, I think it's important to see that 1) there is no just one way that trauma looks.
- Hannah (Host): [08:42](#) Mmhmm.
- Jimanekia: [08:42](#) So the first season was sexual assault survivors. And for me it was like, "oh this makes sense cause I want to talk about sexual trauma." And then it's so many different people's stories and all the stories look so different. And so I wanted people to be like, "oh here's a topic but there's six different ways to look at it," and six different people that I might identify with. And then we went, we were like, "Oh let's do consent." And then I was like, "ugh, everybody's talking about consent." I think it's an amazing thing, but like what are people not talking about that's all affected us. We were like "Ahh, gaslighting." People were like, "what?"
- Hannah (Host): [09:12](#) [Laughs]
- Jimanekia: [09:12](#) "Are we going to talk about this?" And I was like, "yes we are. Thank you so much."
- Hannah (Host): [09:15](#) [Laughs]
- Jimanekia: [09:15](#) And then to have like five, I think we had five people, like different things that happen, and like how it started and what it looked like and when they realize what was happening.
- Hannah (Host): [09:25](#) Mmhmm.

Secret Feminist Agenda Transcript

- Jimanekia: [09:25](#) But like totally different situations. So it's like amazing to, to do it in that way. And I'm like, if I can just focus on like one thing and then allow the rest of it to kind of like just flow.
- Hannah (Host): [09:36](#) Yeah. And the, the remarkable thing about the, sort of, the focus around the single topics is that then something, you know, something like gaslighting, that you might think that you already understand what that means.
- Jimanekia: [09:47](#) Mmhmm.
- Hannah (Host): [09:47](#) You know, I feel like it's more a part of our vocabulary today than it has been previously.
- Jimanekia: [09:51](#) Yeah.
- Hannah (Host): [09:51](#) But the way that, that people's particular experiences and their capacity to sort of tell stories about those experiences really expands those definitions of terms. Even ones that we think we already know their stories behind and that the, the beautiful sort of multiplicity of the stories that emerge around that single thing really complicate any sense that there's like a straightforward definition of it.
- Jimanekia: [10:14](#) Definitely. It's great. I love it. And like, I don't know what the conversations will look like. Like I'll write down like five questions or something and send it to them. Just be like, well, we'll probably talk about some of this stuff, but I allow the guests, like I start with one question. I'm like, why do you think your story needs to be heard? Everyone gets the same question in every episode and people are like, oh, and then we just go from there. Like I try to like direct, like let's talk about healing, let's talk about this. But for the most part it's just like, what do you want to tell us? I'm like, there's no right or wrong here. Yeah. How did you arrive at that interview style? I just feel, again, it's just giving, giving it back to the guests because I feel like it's not about me because that's like what I do.
- Jimanekia: [10:55](#) Like I'm there to just hold space for people in general. And I just love hearing people's stories like, and also it gives so much power back to that person and be like, this is where I've been and look where I am now.
- Hannah (Host): [11:07](#) Yeah.
- Jimanekia: [11:07](#) And like I always think it's such a privilege to see them. Like when I do get to sit with my guests and like people who will sit

Secret Feminist Agenda Transcript

down and be like, "I didn't know I was going to tell you all this."
[Laughs] And I'm like, "oh, thank you. I didn't know you're going to tell me all this either." But they're like, "you're very, you make me feel safe. And I was like, "thank you." Like it's just kind of like a, a giving back healing moment between us. It's kind of, it's beautiful.

- Hannah (Host): [11:28](#) It's a real gift to have somebody open up to you in those ways.
- Jimanekia: [11:32](#) Oh, for sure.
- Hannah (Host): [11:32](#) And also suggest the way that listening is a skill
- Jimanekia: [11:36](#) Isn't it?
- Hannah (Host): [11:39](#) It is [Laughs].
- Jimanekia: [11:39](#) [Laughs] I wish more people knew that.
- Hannah (Host): [11:41](#) Oh my goodness. I mean it falls into that, sort of, larger conversation of, of forms of labor and forms of skills that are generally not valued, and generally not perceived as such. And like of all of the things that tend to be sort of coded as passive non-labor like, I think listening, receiving things from people really is, is one of the central ones, that because it's not considered valuable, it tends to be, let's say under rehearsed by many people.
- Jimanekia: [12:09](#) I agree. And I mean even when I tell people when I work with survivors, I'm like, "you know, the best thing you can do is you can just shut up. It's so great. You could just be quiet and allow them to share with you and just be present." Cuz sometimes, I know when I'm having a hard day I don't necessarily need your voice, just be with me. And that's so important.
- Hannah (Host): [12:27](#) Yeah. That reminds me of a, oh gosh, what was I listening to? It was definitely a podcast. Do you do that thing where you listen to so many podcasts, you can't remember what podcast you heard a thing on?
- Jimanekia: [12:38](#) Yeah.
- Hannah (Host): [12:38](#) Yeah. I feel like it was an episode of Call Your Girlfriend that was talking about disability and chronic illness. And one of the guests was talking about going through a period of particularly bad mental health and having their partner set up forms of care where basically friends and community would, sort of, come

Secret Feminist Agenda Transcript

and sit with them, and the profound value of the people who were able to come and sit with them and be with them in silence, and how rare that was.

- Jimanekia: [13:04](#) You know, silence [sighs] silence is a thing. I'm going to a 10-day silent retreat next week.
- Hannah (Host): [13:10](#) Woo.
- Jimanekia: [13:11](#) I am scared shitless. [Laughs] Your face.
- Hannah (Host): [13:15](#) [Laughs] Woo!
- Jimanekia: [13:15](#) I know that people can't see it, but your face is exactly how all my friends were like, "you're going to do what?" And like, I feel like some people's eyes started twitching and they were like, "oh no." But I, I think there's so much healing that I'm going to receive and I'm gonna lose my shit by day two or three. But like, just being silent, like you can also just focus on your own self.
- Hannah (Host): [13:39](#) Yeah.
- Jimanekia: [13:39](#) And, and you're allowed to, which is kind of amazing. And in that way, it's like sitting with another person in silence, you're healing them and you're healing yourself without probably even knowing it.
- Hannah (Host): [13:52](#) Oh, I'm thinking about, about 10 days of silence.
- Jimanekia: [13:55](#) Oh yeah. Oh no, it's gonna be a mess.
- Hannah (Host): [13:56](#) And, yeah. What will happen around day two?
- Jimanekia: [14:01](#) Oh yeah. You can't even look people in the eyes. You're separated by gender, which I'm like, "okay, so you think there's only two genders? Here we go." So you're like, just quiet. And I was like, "everything is going to be so loud." [Laughs].
- Hannah (Host): [14:15](#) Oh yeah.
- Jimanekia: [14:15](#) Movement, movement is so loud, right?
- Hannah (Host): [14:18](#) Yeah.
- Jimanekia: [14:18](#) My friends are like, "are you going to take snacks?" And I was like, "you can't take snacks." Oh, no--

Secret Feminist Agenda Transcript

Hannah (Host): [14:22](#) You can't take snacks?! This is, hmm, no.

Jimanekia: [14:24](#) [Laughs] My therapist in my session that we had, she was like, "okay, what if you took marshmallows?" I say, "what?" I said, "so--"

Hannah (Host): [14:34](#) [Laughs] Silent snacks.

Jimanekia: [14:35](#) And it's a vegetarian diet. And I was like, "you want me to just get hyped up on sugar?" She was like, "well, I don't know. What are we gonna do?" I was like, "you're not even going! Like--"

Hannah (Host): [14:44](#) [Laughs] "what are we going to do?"

Jimanekia: [14:47](#) Yeah. I've had friends like, "you should hide snacks in the woods." I was like, "first of all, do I look like I'm hiding in some woods? Second, animals."

Hannah (Host): [14:54](#) You hide the snacks in a bag that you hang from a tree, and this is already, even as I say it, it's like, nevermind. You can go 10 days without snacks. That's fine.

Jimanekia: [15:04](#) Oh, you know what? This person a that offered me to hang stuff from a tree. And I was like, "what do you think, I'm a rigger now? What?"

Hannah (Host): [15:09](#) [Laughs].

Jimanekia: [15:09](#) I'm like, "I'll just get through guys. Thank you so much for all the help."

Hannah (Host): [15:14](#) Yeah. Where everybody's just trying to help you solve problems that may or may not actually be problems in this case.

Jimanekia: [15:19](#) Right. But yeah, 10 days of healing and silence. So silence is great everyone, try some.

Hannah (Host): [15:24](#) I'm missing you again. Would you be willing to turn off your camera and see if that helps with the...

Jimanekia: [15:30](#) Yeah.

Hannah (Host): [15:31](#) With the--

Jimanekia: [15:32](#) Turn video off.

Hannah (Host): [15:32](#) Yeah. Sorry, sorry. Skype's delightfully janky today.

Secret Feminist Agenda Transcript

- Jimanekia: [15:38](#) Okay. Does that help?
- Hannah (Host): [15:40](#) Yeah, it does. You're immediately coming through more clearly.
- Jimanekia: [15:42](#) So rude.
- Hannah (Host): [15:44](#) Incredibly rude, [laughing] because it's so much easier to talk to somebody who you can see their face. That's fine. This is an audio medium. So, 10 days of silence. So [sighs] I do want to talk about, let's talk about this silent retreat a little bit more just because I am interested in what inspired you to think like, "Yep, 10 days of silence. This is a thing that I need to do." Like and if this fits into the kind of work you are doing on the podcast. Like is there a way that you were thinking of this as like, "I want to get better at this thing"?
- Jimanekia: [16:16](#) What brought me to the silent retreat if someone told me about it and I was like, "you know what? I feel like 2019 is my year of growth and magic," and it scares me. And I always find that growth happens in like uncomfortable spaces. Also, I am constantly working [laughs]. Like I'm constantly working. When you work for yourself, you are constantly working and you're like, "I'm going to take a day off." You're like, "Ooh, it's an email."
- Hannah (Host): [16:44](#) Mmhmm.
- Jimanekia: [16:44](#) And it will force me to not work and like, ooh, really just do some self care. And to look within myself, which I think is really important. And sometimes just slowing down. Like the other day I was like, "I don't remember if I ate today. Oh, shit. Oh, shit."
- Hannah (Host): [16:59](#) Oh gosh. Yep.
- Jimanekia: [16:59](#) It's like, I need to slow down. And that, that's definitely been part of the motivation for it.
- Hannah (Host): [17:05](#) Wow. That, the slowing down has also been one of my, sort of, major themes for 2019, and it's a powerfully difficult thing to do on a lot of different levels. But I don't think I'd really realized how terrified I was of it until I sat down and made a kind of roadmap for myself at the beginning of the year of what it would look like for a week to be sustainable. Like, what does it look like for me to not bring my work home with me, to build in enough downtime that I feel energized at the beginning of the new week, to sort of prioritize friends but not at the expense of

Secret Feminist Agenda Transcript

my wellness, like all of these things. And then I kind of like looked at what that week would look like and it looked so totally feasible that it scared me. Like I suddenly had this image of a life that just like unfolded in this like sustainable and reasonable way. And I was like, "Oh god, no, can't do that. Add 10 projects." I was like, "okay, let's sit with this feeling for a minute."

- Jimanekia: [18:04](#) You're like, "why? Why am I doing this to myself? Do I not love my soul? Or..."
- Hannah (Host): [18:08](#) Yeah.
- Jimanekia: [18:09](#) Yeah. So that's why I'm doing it. It's literally gonna force me to sit down, shut up, and just be within my own thoughts, which I'm like, "Oh god, I'm a Gemini. I'm like five people in my head."
- Hannah (Host): [18:20](#) [Laughs]
- Jimanekia: [18:21](#) I'm going to drown and I'm going to have your, it's like having a mirror in your face of like all this shit you've been avoiding.
- Hannah (Host): [18:28](#) I am also a Gemini and--
- Jimanekia: [18:31](#) Oh, welcome!
- Hannah (Host): [18:31](#) Yeah, the prospect of spending an hour not talking, honestly. [Laughs] It's really, it's really, it's really, it's really daunting
- Jimanekia: [18:40](#) I mean, I talk to myself also, because I'm an only child. So I'm just used to being like, "yeah, blah, blah, blah." I don't respond, but I do say things out loud, but yeah, that's going to be a situation. It's going to be a, it's going to be beautiful. It's going to be great.
- Hannah (Host): [18:54](#) It's going to be beautiful. It sounds really exciting. And also very brave.
- Jimanekia: [18:58](#) Scary.
- Hannah (Host): [19:00](#) I mean same, right? Scary and brave, those are the same thing.
- Jimanekia: [19:03](#) Yeah. Yeah. They're in the family. They're in there. They're in there.
- Hannah (Host): [19:06](#) So to 180 towards talking a little bit more about *Trauma Queen*, as I mentioned, the sort of podcasts series, the miniseries within

Secret Feminist Agenda Transcript

the larger series that this conversation is part of, is about using podcasting as a forum to, sort of, share expertise outside of its usual institutional frameworks. So I do think that there's this really great way of thinking, like we've said about what your guests are saying as a form of sharing expertise, that is incredibly valuable for listeners and possibly for the guests themselves, as well. But I'm wondering if you can speak in addition a bit to your own expertise, like you know, what you're sort of trained to do and where you come from in that sense.

- Jimanekia: [19:54](#) Yeah. So I have been in mental health for 11 years now. I started out as a criminal justice major, then I got kicked out of school cuz I didn't go to class [laughs].
- Hannah (Host): [20:06](#) That'll do it.
- Jimanekia: [20:06](#) And when I got kicked out it was like the best thing for my mental health. Like I was like having anxiety attacks and everything. It was a, I shouldn't have been there. It was a terrible time in my life. And as you do, as I did, I got kicked out and became a rape crisis counselor and opened a clothing store.
- Hannah (Host): [20:23](#) [Laughs] That second one was a surprise.
- Jimanekia: [20:27](#) [Snort laughs] Yeah. You know, Gemini just want to do everything.
- Hannah (Host): [20:27](#) Yeah.
- Jimanekia: [20:27](#) And from there, that's when I realized how much of a gift of holding space for people I had.
- Hannah (Host): [20:38](#) Mmhmm.
- Jimanekia: [20:38](#) And also like knowing and connecting with my intuition and just being allowed in that space and people like wanting me there, and like how much power that had. And I was like, "Whoa, this is the most amazing thing I've ever done in my life."
- Hannah (Host): [20:54](#) Yeah.
- Jimanekia: [20:54](#) And it just, I went back to school for psychology and every job, like I just continued, I wanted to learn everything, I wanted to do all these different things. So I worked with juvenile sex offenders for two years.
- Hannah (Host): [21:05](#) Mmhmm.

Secret Feminist Agenda Transcript

- Jimanekia: [21:05](#) And then I worked with teenagers in just a residential mental health facility for two years. I worked in eating disorders, I worked with women, I've worked with intense trauma survivors and it, all of that, it all went back to a lot of different types of sexual trauma. And then I was like, "well I have to be a therapist cuz clearly that's the only way you can do this."
- Hannah (Host): [21:22](#) [Laughs] Yeah.
- Jimanekia: [21:22](#) And so I went and did marriage and family therapy. So my MFT I didn't finish because I was going through everything. Like I literally only have like a few classes left and some hours. And I was like, "I don't like this." And my family was like, "But you're almost done." And I was like, "yeah, I see what you're saying. I am almost done. But I don't like that it's not as connected as I would like to be." Like I want to be able to sit down and have a real conversation and not worry if I'm breaking some types of bylaws.
- Hannah (Host): [21:55](#) Okay.
- Jimanekia: [21:56](#) I want to sit down and if my client needs a hug, I want to be able to hug them and not have a board coming at me. And I, I know all the information. I've been doing it for years.
- Hannah (Host): [22:05](#) Yeah.
- Jimanekia: [22:05](#) And then I've done tons of different trainings. So then when I transitioned to sexual education, it was about like three years ago, going on four years, something like that, of sexual education. When I got in, I was like, "I don't know what I want to do," but I was like, "I need a break from mental health cuz I'm going to just burn out."
- Hannah (Host): [22:23](#) Yeah.
- Jimanekia: [22:24](#) Which is so easy. And in between even doing all those jobs, I'd be like, "I need to take a break." So I did weddings.
- Hannah (Host): [22:30](#) [Laughs]
- Jimanekia: [22:30](#) Or I only hung out with the infants for like months.
- Hannah (Host): [22:34](#) Oh, there's that Gemini again, just like, "Ooh, different job."
- Jimanekia: [22:37](#) Yeah, yeah, yeah. I gotta have a balance, but it was like, "oh, this is so sad and I love it, but I need a happy thing."

Secret Feminist Agenda Transcript

- Hannah (Host): [22:43](#) Yeah.
- Jimanekia: [22:43](#) Like when people, they're like, "I'm getting married, I'm so happy." Let me help you with that. And like doing all these things, it's been so amazing. And then with sex ed, I was like, everyone's talking about all these fun things, but people aren't talking about something that affects all very large number, I hate saying most of us, but a lot of people and that's the sexual trauma aspect. And I was like, "well, that's my background." And there's very few people that talk about it and especially, there's very few people that look like me, which is a Black, queer, cis woman.
- Hannah (Host): [23:12](#) Yeah.
- Jimanekia: [23:12](#) And I'm like, "huh." So I've been able to--
- Hannah (Host): [23:15](#) "There's a gap."
- Jimanekia: [23:15](#) I know, it's so crazy. I've been able to combine like these loves. And I am back in school, so I'm working on my Master's in Health Psychology.
- Hannah (Host): [23:24](#) Ooh!
- Jimanekia: [23:24](#) which I'll be done this year. And people were like, "what the hell is that?" And I'm like, "well, I thank you for asking."
- Hannah (Host): [23:31](#) [Laughs]
- Jimanekia: [23:31](#) Psychology focuses primarily like on the brain and how you think and the movements and like what's going on inside your head. But with health psychology, it's all of that, but also what's happening within your body.
- Hannah (Host): [23:45](#) Oh.
- Jimanekia: [23:45](#) So like how to can say being sexually assaulted also create a mental illness and some other kind of illness within your body, like a chronic pain or something, and so that's what I'm studying. And I, I went back not because I felt like I needed to, I've went back because I want to just be better and the best to support these individuals, and be like, "oh well this is also coming up. Let's see how we can work with this."
- Hannah (Host): [24:10](#) Yeah. It sounds like there's, there's such a, sort of, through line of the ways that you've sought education, like motivated by

Secret Feminist Agenda Transcript

what you're actually passionate and excited about versus you know, like needing to get credentials or caring about having that right set of letters behind your name.

- Jimanekia: [24:25](#) Yeah. And that, that was a process.
- Hannah (Host): [24:27](#) Yeah.
- Jimanekia: [24:27](#) Cuz I was like, "well I have to have these letters or no one's going to listen to me. They're not going to believe I know things."
- Hannah (Host): [24:33](#) And that's real too, right? Like particularly if you are a person who it maybe doesn't embody expertise in the way that other people do and the institution has a role to play in terms of granting forms of recognized expertise. And I think, you know, like I think there's value in that, saying like "I'm going to go and get these degrees so people have to shut up and listen to me." But also I think there's a lot of beauty in letting education be the tool that you find to do the thing that you are excited about.
- Jimanekia: [25:02](#) Agreed. I'm like, "yes!"
- Hannah (Host): [25:04](#) [Laughs].
- Jimanekia: [25:04](#) Look at you. You get it.
- Hannah (Host): [25:06](#) [Laughs] Working on it.
- Hannah (Host): [25:09](#) So once you have this health psychology masters, are you going to move more into a sort of practice-based like practicing with clients? Are you going to stay in that education space? Have you thought about that?
- Jimanekia: [25:22](#) That is a good question. No one's ever asked me that.
- Hannah (Host): [25:24](#) Oh.
- Jimanekia: [25:24](#) Woooow I, I think I'm going to continue utilizing it both hand-in-hand. My big dream goal is I want to create retreats for survivors. So again, with the grant, we're able to do fiscal sponsorship with them. So therefore I can apply for other grants, because it looks like we're a nonprofit. And so my goal is to get other people's coins-- [laughs].
- Hannah (Host): [25:50](#) [Laughs].

Secret Feminist Agenda Transcript

- Jimanekia: [25:50](#) --to create spaces for survivors that predominantly are again overlooked. Like I've seen some retreats, but they're the way they look, they're only for cis, het, white women. And I'm like, "okay, so it didn't, so I don't, I can't even go to this." Like, "I wouldn't feel comfortable for this."
- Hannah (Host): [26:08](#) Yeah.
- Jimanekia: [26:09](#) So what I want to do is create different retreats that people can come in and not have to worry about their safety or any type of weird energies. I want them to be able to come, and hang out with people that look like them, and exhale, and get some healing.
- Hannah (Host): [26:24](#) That's a really, that's a really beautiful goal.
- Jimanekia: [26:27](#) Thank you.Yeah, I'm trying out here. It's, it's a, it's happening.
- Hannah (Host): [26:30](#) Yeah. I'm reminded so powerfully of a very dear friend of mine who is a black queer femme, who has a history she has talked about publicly of sexual assault, and who has talked to me about the inability to find good mental health care from other black people, and the degree to which she doesn't want to talk about her trauma with well-meaning white ladies.
- Jimanekia: [26:56](#) Yeah.
- Hannah (Host): [26:56](#) I was like, "yeah, that's legitimate." That should be a thing that you can find that shouldn't be an unreasonable request.
- Jimanekia: [27:03](#) Yeah. And the sad part is, is so accurate. I sought out a Black femme to be my therapist and I had to be very intentional with what I wanted. I had to be like, "hi, you got some Black ladies that work here?" And people are like, "what?" I said, "do you have Black women therapists here?"
- Hannah (Host): [27:25](#) [Laughs].
- Jimanekia: [27:25](#) And they were like, "oh, oh yeah." And the place that I found, they're like, "we have like five." I said, "what are you holding them all here? This is where they are!"
- Hannah (Host): [27:34](#) [Laughs].
- Jimanekia: [27:34](#) Oh my god, great!
- Hannah (Host): [27:34](#) This is where everybody's been hiding.

Secret Feminist Agenda Transcript

- Jimanekia: [27:37](#) Yeah. I was like, "oh, my god." And like I sat down and I was just like, "I don't really know." And she just start asking me questions. By the end I was like crying and I was like, "you're hired, you're in, you're in." Because therapy is hard.
- Hannah (Host): [27:49](#) Yeah.
- Jimanekia: [27:49](#) Just in general it's hard. And then having to explain things to people is also really hard. And then even just--
- Hannah (Host): [27:58](#) Yeah.
- Jimanekia: [27:58](#) It doesn't have to be someone that's just like Black or white, but also like understanding my identities is really important. And like we talk about therapy every episode of *Trauma Queen* also, and like remembering that therapy can be, it is a privilege because everyone can not afford it.
- Hannah (Host): [28:15](#) Yep.
- Jimanekia: [28:15](#) And/or they may go and get retraumatized because a person doesn't understand. Like I've had friends that are polyamorous and been shamed.
- Hannah (Host): [28:23](#) Yeah.
- Jimanekia: [28:23](#) I have friends that are queer or survivors and like, because again, all therapists aren't trained to work with sexual assault survivors either. So it's like, it's hard to try and go in and tell your story and then you're like, "oh, you don't get it. I have to leave. Now I've got to retell my story again."
- Hannah (Host): [28:36](#) Oh yeah. Yeah. The, the incredible risk of going into therapy as a person with trauma who is also living, let's say, in whatever way, a non-normative life and always that risk of like, are you going to pathologize my queerness or my sexuality or my body or something about my life in relation to my trauma in a way that's going to be like not only not helpful but like profoundly retraumatizing?
- Jimanekia: [29:06](#) It's so real.
- Hannah (Host): [29:06](#) Yeah, it sure is. Gosh, therapy. Therapy is one of those things that I'm constantly, like when talking to friends, I'm like, get therapy. It's great. Asterisk.

Secret Feminist Agenda Transcript

- Jimanekia: [29:16](#) I do that with my friends and my family. I'm like, "oh, my god. So therapy therapy, you like therapy? You should. Let's get you some therapy."
- Hannah (Host): [29:24](#) Yeah, like let's get you some therapy and also can you afford that therapy? Can we find somebody who's actually good for you to work with? Can...You know? It's always, I wish it was as simple as just saying like let's get into therapy and it's going to be state subsidized and there's going to be tons people with a wide variety of expertise and we won't have any trouble finding you somebody that fits. Like that's my utopia: state subsidized therapy for all.
- Jimanekia: [29:50](#) Blessed be.
- Hannah (Host): [29:50](#) [Sighs then laughs] So for the podcast or talking about the sort of two forms of expertise, so you are coming with this like really rich and, sort of, like multidisciplinary background, bringing that into the way you conduct the conversations and the way you hold space for people. Where do you find your guests?
- Jimanekia: [30:12](#) So it's really interesting. Most of my guests have been my friends.
- Hannah (Host): [30:14](#) Same.
- Jimanekia: [30:15](#) [Laughs] Yeah, they've been my friends. And I'm also like you also have an extremely large platform of whatever educators or podcasters, but it's like the people that follow them are the same demographic that would follow me. So it's like me being introduced to their, their audience, because I think their audience benefits from this also like, and it's also like the people that I'm looking to speak to, they just haven't met me yet. So it's like, "hey, here's my friend, let me tell you about what they're doing." And also gives such a different perspective of what they talk about normally. Like, normally my, my friends aren't talking about trauma.
- Hannah (Host): [30:52](#) Yeah.
- Jimanekia: [30:52](#) And they're like, talking about like fun stuff, or dating, or some something else. So it kind of helps all of us. And then like I said, like I don't necessarily always have people that I know, which is also cool. It's like meeting new folks.
- Hannah (Host): [31:06](#) Yeah.

Secret Feminist Agenda Transcript

- Jimanekia: [31:06](#) And like having partners of survivors; I didn't know that part, that person. And now like we've grown a relationship and that's really dope. Or having like someone in a totally different space. Like I never thought about like this woman named Jessamyn, and she does yoga and she's known as like the "fat, Black woman that does yoga." And I'm like, "what? Tell me more about you."
- Hannah (Host): [31:26](#) Yeah, I know her. She's amazing.
- Jimanekia: [31:27](#) Oh yeah. So she will be on *Trauma Queen*. [Laughs] And see, I didn't even know. And then there's a beautiful human that I've met. Oh, their name is, Welela, and they are doing such amazing work, and they're also like going through cancer right now. And like still like, "I have things to do so [snaps fingers] we don't have time for this bullshit. Let's get shit done. I will take my chemo therapy when I have time." And I'm like, "Wh--oh, my god." So it's like the guests sometimes it just happens. Or Dan'll be like, "oh my god, have you ever heard of this person? We have to talk to them." And I'm like, "Okay, well let me see" And I'm like, "yes," or I'll be like, "I just don't think it's a good fit." So...
- Hannah (Host): [32:07](#) When it's somebody that you haven't met in real life and are just, you know, they were sort of brought to your attention as somebody doing really interesting work, do you just like meet for the first time over the podcast, or do you do like pre-interview or like warm up of some variety or do you just jump in?
- Jimanekia: [32:24](#) No, I just jump in. [Laughs]
- Hannah (Host): [32:28](#) Great. [Laughs]
- Jimanekia: [32:28](#) [Laughs] I just, you know, I just wing it and hope it goes well.
- Hannah (Host): [32:30](#) Yeah.
- Jimanekia: [32:30](#) I mean I go through like all their social media and kind of like scroll through and see like what they're about to like. Also bring that into the conversation.
- Hannah (Host): [32:37](#) Mhmm.
- Jimanekia: [32:37](#) And then like I tailor the questions and the conversation towards who they are. Like, everyone has like a specific, not goal but a niche, for their episode. So I tailor it to that. But it's sometimes it's the first time we've ever talked.

Secret Feminist Agenda Transcript

- Hannah (Host): [32:51](#) Do you get nervous? I get nervous when I'm interviewing people I've never met before.
- Jimanekia: [32:56](#) Yeah. I mean, I get nervous with people I have met before. I don't know [laughs].
- Hannah (Host): [32:59](#) [Laughs].
- Jimanekia: [32:59](#) I do a little bit in the beginning cause I don't know how it's going to go. And then once we get into the conversation it's fine.
- Hannah (Host): [33:10](#) I'm thinking about like, what is involved in publicly having a conversation where you talk about trauma, and your guests are, you know, so forthcoming and so generous in terms of what and how they share. Have People Express to you worry about that kind of public vulnerability.
- Jimanekia: [33:27](#) Do you mean the guests?
- Hannah (Host): [33:28](#) I mean the guests. Yeah.
- Jimanekia: [33:30](#) No cause I'm, I and I always start like before we start recording I'm like, "is there anything you don't want to talk about?" And then also I'm like, "I will never steer you down a conversation that's going to throw you." I said, "I will always make sure that you are held safe." And they're like, "okay, well then yeah, like let's talk." And I'm like, "okay."
- Hannah (Host): [33:48](#) That's lovely.
- Jimanekia: [33:49](#) Yeah.
- Hannah (Host): [33:50](#) And, and really interesting to think about how building a platform for people to be able to talk about trauma openly requires, what sounds like kind of behind the scenes, work of making sure that people know how you will respond to them, how you will treat them, how you are respect their boundaries and setting up that safety in advance.
- Jimanekia: [34:13](#) Yeah. I think that's really important. Like who wants to walk into an empty black room and be like, "what's gonna come at me?" I'm not going to tell you shit cause I'm scared. Like, no, no, no, no, no. I want you to have all the light. I want all the windows and doors open. If you want to close one, then you close it. I support that.
- Hannah (Host): [34:31](#) [Laughs].

Secret Feminist Agenda Transcript

- Jimanekia: [34:31](#) Yeah, I feel like that allows people to also share things. Maybe they've never shared. Like I've had people be like, "I've never talked about this, but I'm so glad I did."
- Hannah (Host): [34:41](#) I reminded me of a conversation I had with another guest about interview styles. In this case she's a journalist, and we were talking about consent-based journalism practices, which is, you know, you can take the interview style where you're trying to catch people out so that you can find, you know, secrets that they didn't mean to reveal so that you can write some sort of juicy tell-all.
- Jimanekia: [35:06](#) Yeah.
- Hannah (Host): [35:06](#) Or you can take a really, sort of ,consent first approach to how you interview people so that they are a co-author in the story that is being told and, and have gone into whatever sort of version of journalism you're going to do with a really clear sense of like having been a, an open and willing participant in that. And there just seems to be something first, profoundly more feminist about consent based-practices in every field. But also I think it's better storytelling.
- Jimanekia: [35:38](#) It is, if it's real, listen, I love documentaries cause it's real stories.
- Hannah (Host): [35:44](#) Mmhmm.
- Jimanekia: [35:44](#) Like, you know, other things are cool but Abducted in Plain Sight, that was a direct story from their mouth. And I was like, more engaged because it came from that person, versus if it was like a Lifetime movie and they were like, "well this happened," I'd be like, "meh." I want to hear it from her mouth. I don't know why I threw that in. I've watched it a few times now. It's very intense everyone. But like I think that importance of, and it, it's stays true to my goal is this isn't about me.
- Hannah (Host): [36:15](#) Yeah.
- Jimanekia: [36:15](#) Like this show is, it's my show. Yeah. Great. And I, I know how to like hold space for people and if things get kind of awry and we talk about it. And a lot of times I have, after session with people. Like we, we will like decompression times together. So, there's, there's so much work that goes after that's not expressed during the show, but also I want them to feel safe and share whatever they want. And I, and I will tell them, "if you say

Secret Feminist Agenda Transcript

something and you go back home and you're like, 'oh shit, I don't want that out.' We'll take it out."

- Hannah (Host): [36:44](#) Oh, that's great too.
- Jimanekia: [36:45](#) Yeah. That's why we have editors, not me, that they, they take an, I won't touch it.
- Hannah (Host): [36:51](#) I will communicate to them that it needs to come out.
- Jimanekia: [36:53](#) Correct. [Laughs]
- Hannah (Host): [36:53](#) [Laughs] Perfect. You know what? That's the way it should be. It's the beauty of collaboration.
- Jimanekia: [37:01](#) Isn't it great?
- Hannah (Host): [37:01](#) Yeah, it really is. So let's talk what, you know, we talked a little bit at the beginning about your choice of making a podcast. Is there something about podcasting in particular, as a medium, as opposed to the, you know, the many other blogs, and photography projects, and articles, and all of the other places that we can create things online. Is there's something about podcasting that really drew you?
- Jimanekia: [37:22](#) Yeah, I don't have to use my hands as much. I have carpal tunnel in my right hand and I have tendonitis in my left hand, and being a student. So I'm constantly typing papers. I'm like, "how can I say things and get things out and reach multiple people without having to sacrifice more of my hands?"
- Hannah (Host): [37:41](#) Oh, that's great. It's so practical.
- Jimanekia: [37:43](#) [Laughs] Yeah. You're like, "all that god damn logic. Look at her."
- Hannah (Host): [37:47](#) [Laughs] Yeah, I really loved that.
- Jimanekia: [37:48](#) Yeah. That was why, saving my hands and like still being able to reach people. I'm like, I could have went the YouTube route, but also you got to edit and I don't want to. So...
- Hannah (Host): [37:58](#) Yeah, those are all areas of expertise that again, I mean collaboration, it's beautiful. You don't necessarily have to be able to do everything yourself

Secret Feminist Agenda Transcript

- Jimanekia: [38:07](#) No! And giving up the, that's another thing like having to learn to give up things that I can't all do by myself--
- Hannah (Host): [38:13](#) Yeah.
- Jimanekia: [38:14](#) --has definitely been a thing.
- Hannah (Host): [38:16](#) Yeah. Yeah. No kidding. Did you start with the same producer right from the beginning?
- Jimanekia: [38:22](#) Yes.
- Hannah (Host): [38:23](#) I have never, I have had a previous podcast that was collaborative, and so my co-creator and I would take turns and we would record together and then we would take producing the episodes. And then with this podcast I do 100% of the production and I have really struggled with the idea of what it would look like to sort of give over that kind of control to somebody else at the production level. What does that working relationship look like for you?
- Jimanekia: [38:54](#) It's an exhale. Like, [Laughs] it feels great to know that I can trust someone to just be like, "oh, you got this. Okay, great." Like that's something else I don't have to worry about. I mean, it's also someone that I just trust in general. The person that does all that is my manager. So I'm like, "oh, you handle the things anyway."
- Hannah (Host): [39:16](#) And it has also been a guest on the podcast, so like they're included at many levels.
- Jimanekia: [39:20](#) Yeah. I'm like, we normally do the first episode together. We didn't do season three together because it's about Black femmes. And Dan was like, "ah, not a Black femme." And I was like, "touche! Can't be on this."
- Hannah (Host): [39:29](#) [Laughs].
- Jimanekia: [39:29](#) And it's, it's just great to be able to also have someone that believes in everything that I do and sometimes more than I believe in it. So it's like, it's really nice.
- Hannah (Host): [39:44](#) Yeah. That's beautiful. It sounds like the best possible version of that relationship in terms of having somebody who is like, I don't get fully invested in the project. Right? Yeah. That's ideally what you want.

Secret Feminist Agenda Transcript

- Jimanekia: [39:55](#) Yes. Like we're both doing things for *Trauma Queen* right now. And I was like, Hey, I'm transcribing all of these things. Can you sign this contract? They're like, "on it" and I'm like, "great." This is like, I feel so good.
- Hannah (Host): [40:05](#) So you, I can't remember if we were talking about transcription before after I pressed record. So you are working on transcriptions right now?
- Jimanekia: [40:13](#) Yes.
- Hannah (Host): [40:13](#) Is your like how fast after an episode comes out is the transcription available?
- Jimanekia: [40:19](#) Okay, so what we do is I put out the whole season at one time.
- Hannah (Host): [40:23](#) Mmhmm.
- Jimanekia: [40:23](#) And for me, I know we live in a binge culture right now, and so I'm like--
- Hannah (Host): [40:28](#) Uh huh. Sure do.
- Jimanekia: [40:28](#) If someone who wants to, don't let me find a good Netflix series.
- Hannah (Host): [40:32](#) I just found out Amazon has TV. Did you know? I know everybody else knew. I missed it somehow.
- Jimanekia: [40:37](#) They have what?
- Hannah (Host): [40:37](#) Yeah, Amazon has TV and it's really--
- Jimanekia: [40:37](#) I knew they had movies, but I didn't know they had TV.
- Hannah (Host): [40:42](#) Yeah, Amazon prime has TV series, including Parks and Recreation, which is like my favorite TV series. It's probably different from country to country because I think maybe Parks and Rec is on Netflix in the states. Yes. It's not in Canada, but it is on Amazon Prime, which I just found out. All of which is to say my life is ruined. So you were saying people like to binge?
[Laughs]
- Jimanekia: [41:05](#) Yes.
- Hannah (Host): [41:06](#) Yeah.

Secret Feminist Agenda Transcript

Jimanekia: [41:06](#) We were speaking on that really quick because have you seen PEN15, or like penis?

Hannah (Host): [41:13](#) [Laughs] No, I haven't.

Jimanekia: [41:15](#) Okay. Dan and I were working on, I'm going to do merch that's coming out.

Hannah (Host): [41:20](#) Ooh, yeah.

Jimanekia: [41:20](#) And Dan and I were doing the teas, cuz I'm doing tea, and we watched the whole PEN15 series while we were working on Saturday [laugh].

Hannah (Host): [41:31](#) [Laughs]

Jimanekia: [41:31](#) I just want to tell you, it's amazing.

Hannah (Host): [41:32](#) Great.

Jimanekia: [41:32](#) It will mess you up and remind you of all the shitty things in middle school.

Hannah (Host): [41:36](#) Oh, goodness. Nice. Okay. This is why I recently started watching Big Mouth.

Jimanekia: [41:41](#) I still haven't watched it.

Hannah (Host): [41:42](#) Yeah, it's really weird. It's really weird.

Jimanekia: [41:45](#) Yeah. I have some friends who are like, "I love it," others like, "it makes me uncomfortable."

Hannah (Host): [41:47](#) Yeah, I can. [Laughing] I think those are both really reasonable responses. And it's the most graphic and overt discussion of puberty I have ever seen. And so I think that there is just something really remarkable about that, but boy, is it uncomfortable.

Jimanekia: [42:01](#) No, I don't need that. Okay. What was the question? I'm sorry. We got distracted. [Laughs]

Hannah (Host): [42:04](#) Oh, yeah! The question, the timeline of transcription.

Jimanekia: [42:09](#) Oh yeah. Okay.

Hannah (Host): [42:09](#) So you put the whole season out.

Secret Feminist Agenda Transcript

Jimanekia: [42:10](#) Yeah.

Hannah (Host): [42:10](#) So do you transcribe it for you as the season goes out?

Jimanekia: [42:12](#) Yes. I will sit down as a, today's the day I'm transcribing every episode.

Hannah (Host): [42:18](#) Today?!

Jimanekia: [42:20](#) This is my transcribing day.

Hannah (Host): [42:23](#) You're hardcore.

Jimanekia: [42:24](#) And we attach it into the note section of the podcast. So any way you listen the podcast, you can also get the transcription.

Hannah (Host): [42:33](#) Great. Yeah, I'm really interested, transcription is a less widespread practice and podcasting that I would have expected, and is something that I definitely, when I started this project struggled to figure out how to incorporate, how to, sort of, fold into the workflow in a way that was feasible. But I really like this, this sort of season-by-season approach makes a lot of sense.

Jimanekia: [42:56](#) Yeah. So we'll, like I said, we'll put it all out--

Hannah (Host): [42:59](#) Yeah.

Jimanekia: [42:59](#) --at one time, but then we highlight each episode or a different episode every week.

Hannah (Host): [43:04](#) Okay. What does that highlighting look like?

Jimanekia: [43:06](#) So we talk about kind of like the focus of the conversation. So every Tuesday I have Talent Tuesday on my social media and I'll be like, "oh this is who we talked to and it was this, this is what you kind of have to look forward to." And then, I just actually asked, we started talking, I just got an email. The artist has created the different art for each episode to promote.

Hannah (Host): [43:25](#) Great.

Jimanekia: [43:26](#) And it's each, it's the guests living their best beautiful selves and we just decorate that. Normally we have done, so we switched it up a little bit this season. Normally we've done photos with me and the guests, and this one is just highlighting the guests.

Secret Feminist Agenda Transcript

- Hannah (Host): [43:39](#) And do you see this as we're getting, we're getting sort of briefly deep into the weeds of podcasting. Do you track the, sort of, stats of your podcasts? Like do you pay attention to, sort of, when and how people are engaging?
- Jimanekia: [43:53](#) Kind of? Like I know how many listens each episode has.
- Hannah (Host): [43:58](#) Mmhmm.
- Jimanekia: [43:58](#) And I know like when it first comes out it gets a really huge jump.
- Hannah (Host): [44:02](#) Yeah.
- Jimanekia: [44:02](#) But also I see like when people were like, "oh I just found you." And then the other episodes will go up cause they'll go back and listen to season one and two.
- Hannah (Host): [44:11](#) Yeah.
- Jimanekia: [44:11](#) So there's always like different fluctuations. And then right before I do a new season, I go back to the last season and repromote that.
- Hannah (Host): [44:18](#) And do you see those, like when you're re promoting a season, do you see that kind of jump in how people are engaging with it?
- Jimanekia: [44:25](#) Yeah, I definitely see the numbers go up a little bit. Not as much as when they first go out.
- Hannah (Host): [44:29](#) Yeah.
- Jimanekia: [44:29](#) But definitely people are like, "wait, what? I've never heard this," or "I didn't know this person did a thing. And I love them. Like how do I find it?"
- Hannah (Host): [44:36](#) Yeah!
- Jimanekia: [44:36](#) It's definitely more engaging when it first comes out. But it's also getting more known. Like now I don't have to wait. Like when you first put the podcast out, I don't know which you utilize, but I utilize Anchor, which is really great cause you can just put it up and press a button and it sends it to 11 different platforms.
- Hannah (Host): [44:52](#) Oh amazing.

Secret Feminist Agenda Transcript

- Jimanekia: [44:53](#) Yeah. Cuz I don't have time to be sending out stuff. So in the beginning it takes a while for everyone to approve you, but now I can upload it and it's on there in like five minutes.
- Hannah (Host): [45:00](#) Yeah. Yeah. I have a very old school, I post the episodes to a website that I own the URL of, and then generate an RSS feed out of the website, and then submit that RSS feed through feed burner, basically.
- Jimanekia: [45:14](#) Wow, you are talented and have patience.
- Hannah (Host): [45:16](#) It's, you know, like it's just the way that the person who first taught me how to make podcasts taught me how to do it. And because I think, like many of us who work in podcasting, sort of stumbled backwards into the medium and then we're like, "cool. I want to do this. How do you do any of this?"
- Jimanekia: [45:34](#) Mmhmm.
- Hannah (Host): [45:34](#) That, it wasn't until I was already, you know, had already built this website and started posting stuff on it that I was like, "oh, I see there's podcast hosting sites."
- Jimanekia: [45:43](#) [Laughs]
- Hannah (Host): [45:43](#) Oh, well it's too late. So never mind.
- Jimanekia: [45:52](#) Yeah. Well, god bless you.
- Hannah (Host): [45:54](#) Yeah. [Laughs]
- Jimanekia: [45:55](#) Yeah, I'm just gonna go ahead and push that one button and say "thank you to all the places." And it's in places I've never even heard of. Like what is Pod Bean? I don't know, but it's there.
- Hannah (Host): [46:04](#) I mean, it's a hosting platform, as it turns out. [Laughs]
- Jimanekia: [46:07](#) See, never heard of it.
- Hannah (Host): [46:09](#) I know, right? Yeah. A lot of what I know about podcasts comes from a really, really wonderful research assistant I have who like, we'll do things like, I'll be like, "could you just research podcast hosting platforms and then tell me all about them?" So she'll just go in like research all of these platforms, and how they work, and how much they charge in different services they offer and be like, "here's a spreadsheet explaining all of this to

Secret Feminist Agenda Transcript

- you." And I'm like, "thank you. Now I know it's on a spreadsheet."
- Jimanekia: [46:37](#) Love it. I'm not going to use it. But I love knowing about it.
- Hannah (Host): [46:39](#) I just want to understand and then not use that understanding in any way.
- Jimanekia: [46:45](#) [Laughs]
- Hannah (Host): [46:45](#) Is that's so much to ask for?
- Jimanekia: [46:47](#) That is so sweet of you. That is so sweet.
- Hannah (Host): [46:50](#) [Laughs] But yeah, I mean, I mean further to what you were saying about the sort of the different peaks of the people coming back to episodes or coming back to seasons. I do think that there is something lovely about podcasting as a medium that it can be timely, you know, releasing episodes regularly and being responsive to contemporary moments and conversations. But there is also a way that you can go back to a podcast that has been on air for five years or 10 years and, and just sort of jump in and find your way in. And because of the way that they're organized around streams, you know, that once you've found one and subscribe to it, you can go back and listen to all of it and it's there for you. And then there's something, I think maybe a slightly longer timeline. Like podcasts feel like they last a bit longer on the internet than a lot of other temporary and ephemeral forms of like social media. That like podcasts have a longer afterlife, I think.
- Jimanekia: [47:50](#) I mean I love it because it's like, like a podcast isn't something you have to like fully like emerge yourself in, right? Like if you're watching a movie and you blinking, you miss something, it's gone.
- Hannah (Host): [47:59](#) Mmhmm.
- Jimanekia: [47:59](#) But like a podcast your and you can like drive and like take it in.
- Hannah (Host): [48:04](#) Yeah.
- Jimanekia: [48:04](#) Like it doesn't necessarily take everything away. And I, I mean I also love sometimes just like listening to a podcast or like creating like my own visual aspects of it.

Secret Feminist Agenda Transcript

Hannah (Host): [48:13](#) Absolutely. I listen to, not a huge number but a number of, sort of fictional podcasts or storytelling podcasts and there's a great deal of pleasure in the sort of audio storytelling medium that lets me like really just create a world that goes with it in my mind.

Jimanekia: [48:30](#) Yeah. And I mean I need to listen to more podcasts, but also I just need more time in life. Which you know, who doesn't?

Hannah (Host): [48:37](#) Are you allowed to listen to podcasts at your silent retreat?

Jimanekia: [48:40](#) Oh my god, I can't do anything.

Hannah (Host): [48:41](#) Oh my god.

Jimanekia: [48:41](#) There's no journaling. There's no music.

Hannah (Host): [48:43](#) There's no journaling?!

Jimanekia: [48:43](#) There's no exercising, there's no reading, there's no smoke signals. It's a meditation. We're just meditating for hours on hours.

Hannah (Host): [48:53](#) Do they make you, this is always, I just have so many followup questions about this. Just whole episode is going to be about this retreat.

Jimanekia: [49:00](#) It's fine. We can have a follow up. Everyone wants to know about this damn retreat. I might have to do like a special *Trauma Queen* for it.

Hannah (Host): [49:05](#) I was gonna say, could you just please make a special episode where you tell everyone how it went? [Laughs].

Jimanekia: [49:11](#) I might have to.

Hannah (Host): [49:11](#) Are you required to meditate like, is it like "meditation is from 6:00 AM until noon and you need to be in this room meditating"?

Jimanekia: [49:20](#) In some spaces.

Hannah (Host): [49:21](#) Okay.

Jimanekia: [49:22](#) Yeah, I'll, I'll email you the schedule so you can see it looks like.

Hannah (Host): [49:24](#) Yeah, yeah, yeah. That's what I want. [Laughs]

Secret Feminist Agenda Transcript

Jimanekia: [49:29](#) I get it.

Hannah (Host): [49:29](#) Oh. So, okay, last question. What, I know you just said you wish you listen to more podcasts, but what podcasts do you listen to and love?

Hannah (Host): [49:38](#) So I like to listen to like petty podcasts that are like talking about things.

Hannah (Host): [49:43](#) Great.

Jimanekia: [49:43](#) I really like to listen to *The Read*.

Hannah (Host): [49:45](#) Mmhmm.

Jimanekia: [49:45](#) Which is magical, and Black, and queer, and petty, and keeps me up on things that I never knew, cuz I'm not super into the mainstream of media anymore.

Hannah (Host): [49:56](#) Yup.

Jimanekia: [49:56](#) I like to listen to *The Dollop*, cuz it's done by comedians.

Hannah (Host): [50:00](#) Mmhmm.

Jimanekia: [50:00](#) But they're talking about like history and I'm like, "Oh shit. I can learn and laugh? I'm in."

Hannah (Host): [50:05](#) [Laughs] What a dream.

Jimanekia: [50:07](#) Why haven't we been doing this before? I like to listen to *The Quietist Revolution*.

Hannah (Host): [50:09](#) Mmhmm.

Jimanekia: [50:09](#) Which is more of an astrology one. And I love just her work in general. She's so, if you like astrology, listen to *The Quietest Revolution*, and she does YouTube videos. Let me tell you, every fucking month I am distraught I am, she shakes my life. Gemini? Oh yeah, you should listen to it.

Hannah (Host): [50:30](#) Yeah.

Jimanekia: [50:30](#) She fucked us up. And she's a Gemini.

Hannah (Host): [50:32](#) Oh, my god. They always are. I'm pretty deeply into astrology, so I'm really right. I'm ready to go.

Secret Feminist Agenda Transcript

- Jimanekia: [50:38](#) Oh, you want to watch. Get ready to be so pissed.
- Hannah (Host): [50:43](#) [Laughs]
- Jimanekia: [50:43](#) And I like to listen to like Amanda Seales, who's talking about like different types of like Black culture from like a totally different perspective. So, I'm just trying to mix it up with like new ones more so. I mean I listen to like my friend's stuff like *American Sex* because it's different types, but also I listen to like *Oprah's Super Soul Sunday* cause I'm like, I also have a goal of being on *Super Soul Sunday* one day.
- Hannah (Host): [51:09](#) Oh yeah. Oh, you're going to goals.
- Jimanekia: [51:10](#) Thank you. Thank you.
- Hannah (Host): [51:12](#) It's good to have concrete goals. My goodness.
- Jimanekia: [51:14](#) I'm trying,
- Hannah (Host): [51:15](#) [Laughs]
- Jimanekia: [51:15](#) I'm trying to, you know what? I'm reading a book that says I need to switch up my language. Yes, I am doing it.
- Hannah (Host): [51:21](#) [Laughs]
- Jimanekia: [51:21](#) There we go.
- Hannah (Host): [51:22](#) Oh yeah. Wow. That was, that was a powerful rearticulation.
- Jimanekia: [51:27](#) Thank you. Yeah, no, I'm doing things. It's so great.
- Hannah (Host): [51:30](#) Yeah.
- Jimanekia: [51:30](#) And they're just going to continue to happen. Who that's hard to say. That is hard to say, but I said it.
- Hannah (Host): [51:38](#) You did, you did. Great job. [Music:"Pursuit of Happiness" by Kid Cudi]
- Hannah (Host): [52:00](#) If you'd like to learn more about Jimanekia, you can follow her on Instagram @Jimanekia, That's spelled J I M A N E K I A, or check out her website, which is traumaqueen.love, L O V E. Of course you can and should subscribe to *Trauma Queen* the podcast wherever you're listening to this because we'll be on that same podcasting app. You can find show notes and all the

episodes of *Secret Feminist Agenda* on secretfeministagenda.com. You can follow me on Twitter @hkpmcgregor and you can tweet about the podcast using the hashtag #secretfeministagenda. And you can also review the show, specifically on Apple Podcasts; unclear to me if other podcast platforms have review functions. Actually I've yet to see a review coming from there, but you know where I am seeing reviews coming from? All over the world. So there are five new reviews this week. One from Jose Francisco Casal Buere from Uruguay, one from Allentate maybe? Allentite? from the USA, one from Worldwide Wouter from the Netherlands, one from Ishiem from Canada and one from Ellie, one also from the US. Thank you all so much. I'm so grateful and my gratitude is not properly conveyed in the degree to which I just for sure mispronounced all of your names. The podcast theme song is "Mesh Shirt" by Mom Jeans off their album Chub Rub. You can download the entire album on freemusicarchive.org or follow them on Facebook. Jimanekia's theme song was "Pursuit of Happiness" by Kid Cudi. *Secret Feminist Agenda* is recorded on the traditional and unceded territory of the Musqueam, Squamish, and Tsleil-Waututh first nations where I'm grateful to live and work. This has been *Secret Feminist Agenda*. Pass it on.
[Music: "Mesh Shirt" by Mom Jeans]