

**"Perspectives on Health and Peace: Session Two"**  
**Charee Thompson (University of Illinois), Henry Germain-McCarthy**  
**(LSU Health Sciences Center), Biji Kuu**  
**International Disability Rights Affirmation Conference 2025**  
**Thursday, November 6**

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[2025/11/06 10:51] Carolyn Carillon: Hello everyone.

Today's presentation is being transcribed so those without audio or who require text only can participate in real time.

A little explanation about this service.

Voice-to-text transcriptionists provide a translation of the key ideas discussed, NOT a word for word transcription.

Voice-to-text services provide an in-the-moment snapshot of ideas and concepts, so that those who are unable to hear or to understand the audio program are able to participate in real-time.

You will see the transcription in local chat.

Transcription is provided by Virtual Ability, Inc.

The transcriptionists are Carolyn Carillon, Elektra Panthar, Katie Cunningham and Sypha Techo

The following initials in the transcription record will identify the speaker:

Interviewer: Carla Heartsong (CH)

Panelists:

Charee Thompson (CT)

Henry Germain-McCarthy (HG)

Biji Kuu (BK)

<<transcription begins>>

[2025/11/06 11:01] Carla Heartsong: I don't feel entirely comfortable at the moment with using voice, also because I have a cold, so I will text and Daisy will voice for me - for which I'm very grateful :)

I'm very honoured to lead this very interesting panel talk with Charee, Henry and Biji. Thank you for coming.

Short self introduction to break the ice.

I'm Carla, Belgian – in Second Life since 2007 and in Real Life just a tiny bit longer 😊 I have daughters, and since recently also a grandson.

My life experience with health was both first and second hand experience. I survived a brain tumour in 2010, then a tumour in my leg in 2016. Both were removed surgically.

The impact on health and peace was big – especially brain surgery. I needed to adapt and relearn who I was, as physically I did not show obvious signs.

The second hand experience is worse, losing someone very close by cancer simply beat anything I had in my entire life, including a brain tumour.

I joined Virtual Ability in 2009, and helped them out where I could for a while. After brain surgery, Gentle asked me to do a project concerning accessibility of university courses,

which I did even if I found it crazy after a brain surgery. But it wasn't, it was a part of recovery.

Moving on to today, I'm teaching at a university – not regarding health, and combined with some own activities. Which also includes activities in Second Life.

I'd like to start with a first question to each of you.

First, can you introduce yourself shortly to the public? Where do you live, what is your daily occupation? To Charee first:)

[2025/11/06 11:04] Sypha Techno (SyphaTechno Resident): CT: Hello. It's 11 AM here.

I'm a professor and university scholar.

I teach health communication.

I also guide and lead communication didactics for obstetrics and gynaecology.

Women's health care is very important to me.

[2025/11/06 11:05] Carla Heartsong: That's quite some activity :)

[2025/11/06 11:05] Sypha Techno (SyphaTechno Resident): CT: I spoke at VA before and am glad to be back.

[2025/11/06 11:05] Carla Heartsong: I'd like to ask the same question to Biji

First, can you introduce yourself shortly to the public? Where do you live, what is your daily occupation?

[2025/11/06 11:06] Carolyn Carillon: BK: Hi everyone. I hope you can hear me

I'm 75 yrs old

In a 50 year old marriage

My health has been well

My interest in health is lifelong

Most of my life has been around healthcare

Mostly with veterans

We have a war and the war is supposedly over, but not all the struggles have stopped

That's one of the costs of war

[2025/11/06 11:07] Carla Heartsong: okay ty for introducing yourself! Henry?

Can you introduce yourself shortly to the public? Where do you live, what is your daily occupation?

[2025/11/06 11:07] Dr. Henry Germain-McCarthy (VAIPresenter1 Resident): Hello to all of you in our wonderful international audience! My name is Henry Germain-McCarthy, and I am honored and excited to be here, absorbing what this conference will teach me about how I can improve my efforts to promote health and peace.

My identity as a pacifist began at age 20, when I first learned about non-violent resistance to militarism and oppression from various peace organizations. I applied and was recognized by the Federal government as a conscientious objector (CO) to performing compulsory military service for the U.S. For my alternative community service as a CO, I worked as an aide in a skilled nursing facility. This was a powerful immersion in the disability world, which stimulated me to pursue a career in rehabilitation psychology and disability studies. My professional work was focused on promoting the legacies of disability rights and self-help movements as the foundation for meaningfully improving public awareness, professional education, and social policy regarding holistic quality of life for the disability community. I live in the U.S. and am also 75 yrs old

[2025/11/06 11:09] Carla Heartsong: Impressive, Henry, and for you all! I'm really honoured to have you here, it's surely interesting for everyone present.

I'd like to ask a first question regarding health and peace. Did you experience health issues during your life - yourself or family, friends, colleagues? How did it affect perspective on health and peace in your life? Charee?

[2025/11/06 11:10] Sypha Techno (SyphaTechno Resident): CT: Thank you.

For myself, my work is motivated by the instances in which people—family and doctors alike—have said or done dismissive things. I have experienced them and witnessed them. Although most people recognize that chronic illness and disability are features of life, for myself and those I've talked with in studies, accepting and learning to live with them can be difficult and nonlinear.

I was trained as a relational scholar.

I have disability in my own family.

I've worked with those with disabilities too and want to amplify their voices.

I worked with someone who said, "As a neurodivergent person, many assumptions are made about how to support us."

[2025/11/06 11:12] Carla Heartsong: nods thank you for that.

I'd like to ask Biji the same question: Did you experience health issues during your life - yourself or family, friends, colleagues? How did it affect perspective on health and peace in your life?

[2025/11/06 11:13] Carolyn Carillon: BK: as a young man, I joined the military but ended up having a special assignment which was easy

But some of the fellows I worked with were retreads

They had combat experience, so they were older and had more experience than I had

It changed me then and reframed my thinking

Imagine I'm 19 or 20

I'm single

We drank, we smoked

The oldest who was 27 screamed and urinated on himself and cried

In one of the battles in Vietnam

A young girl who was about 3

She had a can that looked like a grenade

She ran towards him

He killed her

For the rest of his life, he didn't have a moment of peace

You could rationalize it

But also he died early

He was a good guy who couldn't unleash the burden

Later in life, I became more active in veterans issues

Veterans carry things that affect them and those around them

At the time, if he'd admitted it, he'd have lost his career

[2025/11/06 11:16] Carla Heartsong: that surely sounds like a major, major trauma, doesn't it?

Thank you for sharing that Biji

So Henry, my question for you: Did you experience health issues during your life - yourself or family, friends, colleagues? How did it affect perspective on health and peace in your life?

[2025/11/06 11:18] Dr. Henry Germain-McCarthy (VAIPresenter1 Resident): Personally, I did not experience health issues until my elder years. I acknowledge that not having to directly manage the functional differences and social discrimination of a personal disability limits my credibility to speak about disability issues. Instead, I have learned about the

personal experience of health challenges through close relationships with people who had a disability or chronic illness. I will describe two different sources of personal relationships I was privileged to have that informed my understanding and positive perspective on living a full life, despite challenges in health or other life areas.

While working in a skilled nursing facility, I was intrigued by the variety of ways that the residents coped with their significant health challenges. I bonded with several of the residents, who became my first teachers about the ups and downs of the disability experience. Through those and many other relationships that I cultivated with folks in the disability community, I learned

about being caring and genuinely collaborative in my work in rehabilitation; and how to be an advocate and ally in activities led by the independent living and disability pride movements. My professional training and work was grounded in an ecological/systems approach. Thus, I emphasize giving at least as much attention to altering the multi-faceted environment as we do to changing the physical or mental characteristics of the affected individuals, in order to improve their functional capacity and well-being.

[2025/11/06 11:21] Carla Heartsong: thank you Henry. I'd not really say your credibility to speak about disability issues is less when you had the luck of being healthy most of the time, but you did experience it via others :)

[2025/11/06 11:21] Dr. Henry Germain-McCarthy (VAIPresenter1 Resident): and I'm so grateful for those relationships

[2025/11/06 11:22] Carla Heartsong: I have an interesting question for all three, with totally different backgrounds yet something that intrigues me a LOT - having had some experience with both sides of health. The question is: Do you see a distinction between physical and mental health, or are they according to you equal or intertwined? What is your perspective on both?

I'd like to ask Charee first :)

[2025/11/06 11:23] Sypha Techno (SyphaTechno Resident): CT: To me, they are intertwined. My understanding is that the link between our minds and our bodies is not well understood,

I even hesitate to talk about them in this way for fear of reinforcing dualism that has harmed so many people (e.g., physical pain gets written off as anxiety, depression).

No matter the approach, there's recognition they're connected.

Privileging the link between inner peace and health is important to me these days.

[2025/11/06 11:23] Carla Heartsong: :-)

I can imagine!

Biji, what is your perspective on this?

[2025/11/06 11:25] Carolyn Carillon: BK: In my more modern era, where I chose to work with veterans, it's my opinion it's society

Using a traditional model

Husband goes off to the military (could be a wife)

Comes back

They're robust, strong, the leader of their family

They get wounded and get treated away from their family

The guy is enlisted so he's not making a lot of money

He's distressed

Feels he's no longer the head of the family

He feels like he's a drain

The family wants to help

Or sometimes they can't and they break  
There's a bigger framework  
You lose your humanness  
In interactions  
If we're out with a bunch of people and we are disfigured  
There's a gap

Again, that's an opinion

[2025/11/06 11:27] Carla Heartsong: "you lose your humanness in interactions" is something that really stuck with me in your explanation, Biji

[2025/11/06 11:28] Elektra Panthar: BK: Thank you

[2025/11/06 11:28] Carla Heartsong: Henry, from your perspective, do you see a distinction between physical and mental health, or are they according to you equal or intertwined? What is your perspective on both?

[2025/11/06 11:28] Dr. Henry Germain-McCarthy (VAIPresenter1 Resident): I believe almost everything we experience is interconnected and interdependent in various ways. Our bodies, governments, societies, and natural environments are all so intricately complicated, that there have to be lots of intersections. We continue to discover new intersections through the technology of neuroscience; and we get reintroduced to others through the cycles of renewed appreciation of wisdom perspectives from the past. Mental processes have always seemed more mysterious and less accessible to our intervention, compared to the functions of the palpable physical body. Actually, in various ways, our cognitions and emotions are ultimately what we can, with intention and practice, most autonomously control, as long as damage to our brain cells or chemistry does not disrupt that autonomy.

To sustain our sense of personhood and agency, we can choose how to react cognitively and emotionally, no matter how our bodies fail us, or whatever ways despots or authoritarian societies restrict our lifestyles. Certainly, it takes discipline to control how we focus our mind and what we feed it; but it is a power we possess.

Let's consider these opposite examples. We all know of: (1) some people in ideal situations with fully functioning bodies and all sorts of resources who, nonetheless, feel miserable and choose to end their life; and (2) other people who manage to become beloved examples of humanity, despite being imprisoned and tortured for years (e.g., Nelson Mandela of South Africa) or despite having

dysfunctional bodies that others describe as "imprisoned by total paralysis" (e.g., Ed Roberts, a man who lived in an iron lung after his bout with polio and eventually became a dynamic leader in the independent living movement in the U.S.). When I worked in the skilled nursing facility, I assisted another such person, named Francis White. His anatomical deformities were so limiting that he was truly "confined to bed," not for the convenience of caregivers, but because he couldn't breathe easily in an upright position. His physical world was the 3' x 7' bed where he lay. But his worldview was represented by a group of international pen pals that he corresponded with regularly, an ability to discuss history or current events from what he learned listening to the radio that sat next to his pillow, and a personality that was like sunshine, a daily gift, especially in an environment that many people find so depressing that they won't visit their close relatives living there.

[2025/11/06 11:32] Carla Heartsong: thank you Henry, for me the word "power" (empowered) resonated in your explanation

I would like to ask Charee if she has any comments or questions for Biji or Henry :)

[2025/11/06 11:33] Sypha Techno (SyphaTechno Resident): CT: Thank you. Not at the moment.

[2025/11/06 11:33] Carla Heartsong: okay. Biji, do you have questions for our fellow panel members?

[2025/11/06 11:34] Elektra Panthar: BK: Charee, because of what you said, in my opinion maybe less so now but seems that women are treated as less and it has long term implications. What's your opinion on that?

[2025/11/06 11:35] Sypha Techno (SyphaTechno Resident): CT: We know women have been left out of medical research.

Women weren't being recruited into studies.

They were excluded from studies without good reason.

Knowledge of women's bodies is lagging.

Without that knowledge it's difficult to understand your own experiences.

A good example is gaslighting. I tell my students we didn't have that term when I was younger.

For when someone tells you you're crazy.

A lot of women have been gaslit.

[2025/11/06 11:36] Lady Tigress Bonded (pet Karu): hysteria ugh

[2025/11/06 11:37] Katie (Katie Cunningham): [source of "Gaslighting" - the movie "Gaslight"]

[2025/11/06 11:36] Sypha Techno (SyphaTechno Resident): CT: Now we tell women to call that out.

It happens often.

We normalize excluding women.

[2025/11/06 11:37] Elektra Panthar: BK: it was helpful, thank you

[2025/11/06 11:37] Carla Heartsong: yes, that is very clear to me

Henry, do you have questions for Charee or Biji?

[2025/11/06 11:37] Dr. Henry Germain-McCarthy (VAIPresenter1 Resident): I appreciated their sharing, but no questions now

[2025/11/06 11:38] Carla Heartsong: smiles... well then I have a question left for you all, which might help people present here

Charee: what would you advice to all of us regarding this life experience with health, what do you consider as utterly important to learn about health and peace?

[2025/11/06 11:39] Sypha Techno (SyphaTechno Resident): CT: I'll speak from my own narrow experience.

It comes down to the need for personhood, safety, and connection.

I recently read "Every atrocity starts with someone deciding who counts as human."

I was recently introduced to the work of British Sociologist Ken Plummer's work on Critical Humanism.

His book is described as such: "Critical Humanism critically reflects upon and reimagines humanism for the twenty-first century. What is now required is a fresh, wide-ranging imaginary of an open, worldly, plural and caring humanity.

It needs to take a critical stance towards older, often divisive ideas of what it means to be human, while reconnecting to a wider understanding of the rich diversity of life in the pluriverse. We need instead to create a vital new political imaginary of being human in a connected planet. We simply cannot afford to be anti-human or posthuman.

Restoring our belief in humanity is important.

[2025/11/06 11:40] Carla Heartsong: "caring" is most probably the essence of it all! Biji, what would you advice to all of us regarding this life experience with health, what do you consider as utterly important to learn about health and peace?

[2025/11/06 11:42] Elektra Panthar: BK: it is my belief that we've been in so many wars, and I'm not going to argue about them - it was a decision spanning decades. There might be reasons to go to war but it's more than body count and money spent but also a matter of what has been spent for it and its objective. How do we look and build bridges? If you have friends in other countries, if your kids play together, if you work together, people are less reticent about going to war I've become a realist in the costs of war, if there is interdependence wars are less likely to happen

[2025/11/06 11:43] Carla Heartsong: nods.... thank you for that. Henry, what would you advice to all of us regarding this life experience with health, what do you consider as utterly important to learn about health and peace?

[2025/11/06 11:43] Dr. Henry Germain-McCarthy (VAIPresenter1 Resident): My first recommendation is to contemplate the words and example of peacemakers and social change agents. This will inspire and educate you on ways you can contribute your skills and support to people and organizations that are doing good work for wellness and inclusiveness. You can do this by reading publications by or about them, or by networking through other media.

After this self-education, try doing volunteer work or pro-bono professional work with others already involved in promoting health or peace. Start by finding a need or gap in your community that is a barrier to people's maximizing their well-being, safety, or autonomy in their daily life.

My final suggestion is the easiest to do: Communicate messages and reminders that encourage you, your networks, and anyone on the street to do their part to promote compassion, harmony, hope, inclusion, etc. It can be done with signs in your yard, on your door, or on your bumper; words or images on your clothing, jewelry, or email signature. For a few decades, I have chosen to wear a peace sign or compassionate message every day. My latest item in this collection is a colorful button that says, "Make America Kind". Being kind and encouraging to each other will strengthen our health and sense of peace. And if we have peace in our hearts and hands, we can give peace to our communities and the world. That's my wish for all of us. Thank you for inviting me and listening. And a big hug of gratitude to the Virtual Ability community for producing this stimulating conference and for all the supportive and ground-breaking work that they do all year long.

[2025/11/06 11:46] Carla Heartsong: These are three different answers but in essence the same: caring, kindness, compassion, helping.... this is great!

Thank you so much for your deeply motivated and strong answers for my questions... I'd love to hear if there are questions from the public?

[2025/11/06 11:47] Mook Wheeler: QUESTION: This is for Biji and Henry. You work directly and continually with people with severe trauma and PTSD. How do you and your staff protect yourselves from the same risks, and also from despair? Are there safety protocols or guidelines that you follow, and do staff review each other for symptoms?

[2025/11/06 11:50] Dr. Henry Germain-McCarthy (VAIPresenter1 Resident): I think burn-out is an issue that all "helping professionals" and direct care-givers should be aware of, seek help for, and accept feedback from colleagues and their consumers.

[2025/11/06 11:48] LillyLal Resident: I have a question. In the statement that a perfectly physically healthy person could still commit suicide rubbed me the wrong way. Brain health is physical healthy. I just wanted to point that out. :)

[2025/11/06 11:49] kirrawing Resident: like athletes, who can't play any more is it men have more issue with suicide and vets, their purpose is gone?

[2025/11/06 11:49] Elektra Panthar: BK: my experience with suicide has been with people who lost their physical abilities and because of loss of social connections

I've been to places where they teach yoga, who restore a sense of comradery for military people, understanding others

There has been a lot of progress in the prosthesis department

Society has become more accepting of physical diversities, and of mental health problems

There is still much to do but we've come a long way

[2025/11/06 11:54] Dr. Henry Germain-McCarthy (VAIPresenter1 Resident): I apologize that my short example of someone's committing suicide seemed crass or judgmental. I'm willing to chat directly later about the purpose of contrasting those dramatic examples, which were expressed from an observer's point of view, not the subjective experience of the person.

[2025/11/06 11:48] LillyLal Resident: <https://jamanetwork.com/journals/jama/article-abstract/2819073>

Oh, that link is a study on women doctors just being better... just better. Lol

[2025/11/06 11:51] ChareeThompson Resident: I would say that more feminine ways of relating to patients is valued and beneficial to health. Yet, in my work of women physicians, they share how that emotional labor is exhausting and not expected of their male counterparts.

[2025/11/06 11:51] LillyLal Resident: Women seek out more therapy... maybe another reason they make better caretakers and doctors. Lol

[2025/11/06 11:51] kirrawing Resident: I agree

[2025/11/06 11:53] LillyLal Resident: They also have better health outcomes. Having a female doctor means you are less likely to die. Lol

[2025/11/06 11:53] kirrawing Resident: yikes

[2025/11/06 11:51] Elektra Panthar: [11:47:52] iSkye Silvercloud (iSkye Silverweb): I'll put mine here now COMMENT: Margaret Mead famously was asked what the first sign of civilisation was, and her reply was that they found an ancient human bone that had been broken then apparently healed and pointed to that as an indicator, because that showed caring for an individual.

QUESTION: I am curious if the lapses in inclusion of women in studies and access to care are more prevalent in particular disciplines of medicine and mental health care? General practice vs OB-GYN, Psychiatry/psychology specialties? Military vs. civilian sectors? Are female doctors "better" at helping women than male doctors? Has anyone observed any of this?

[2025/11/06 11:52] Carla Heartsong: I'd give the word to Charee

[2025/11/06 11:53] Sypha Techno (SyphaTechno Resident): CT: The first part of that question, my sense is there are knowledge gaps in some areas.

You've probably heard women's symptoms of heart conditions present differently.

[2025/11/06 11:54] Carla Heartsong: really!!!

[2025/11/06 11:54] iSkye Silvercloud (iSkye Silverweb): \*nods\*

[2025/11/06 11:54] kirrawing Resident: I found men, dismissed my symptoms for 2 years in pre cancer

[2025/11/06 11:54] Sypha Techno (SyphaTechno Resident): CT: Women wait 16 minutes longer in ER waiting rooms than men for the same symptoms.

There's been more money put towards reproductive health than other conditions that affect women.

[2025/11/06 11:55] Carla Heartsong: nods

Other questions?

[2025/11/06 11:55] Gentle Heron: Thank you all for your words of wisdom today.

QUESTION for Henry- Where do we get a pin like yours?

[2025/11/06 11:56] iSkye Silvercloud (iSkye Silverweb): oh that pendant, I like that!

[2025/11/06 12:01] Eme Capalini: You can get Henry's pendant in SL here:

<https://marketplace.secondlife.com/p/Carolines-Jewelry-Peace-Sign-Necklace/1410077>

[2025/11/06 12:00] Dr. Henry Germain-McCarthy (VAIPresenter1 Resident): Gentle: I got my KIND pin at a church convention....I will research where they got it and let you know

[2025/11/06 12:00] Gentle Heron: Thanks Henry. I'll let folks know in here.

[2025/11/06 11:55] LillyLal Resident: I have a story/question...

How can women do better in demanding care? I had a doctor straight up say "nothing is wrong with your brain" when I had 6 aneurysms we found later.... What could I have done better? I just had to find a new doctor.

[2025/11/06 11:57] kirrawing Resident: that's gaslighting

Some doctors seem lazy

[2025/11/06 11:57] Carla Heartsong: might be a question for Charee?

[2025/11/06 11:57] Sypha Techno (SyphaTechno Resident): CT: I'm sorry you had that experience. It does sound like gaslighting.

Physicians will punt the problem to someone else.

I have a study I can email you about how to say things to doctors.

[2025/11/06 11:58] ChareeThompson Resident:

<https://www.tandfonline.com/doi/pdf/10.1080/10410236.2024.2386716>

If they say everything looks normal, you can contest the normal by pointing to concrete measurable things.

Like "I've been having this sharp pain for several days."

There are things you can say, but sometimes you need to leave that doctor.

No one should stay with a harmful doctor.

[2025/11/06 11:59] LillyLal Resident: "I have brain fog." "You are anxious." "I have migraines." "You are anxious." "I can't sleep." "You are anxious." Gah! Lol

[2025/11/06 11:59] Daisy Gator (TheGator Resident): ooh yes, in fact, being very precise and detailed always helps in life

[2025/11/06 11:59] Carla Heartsong: I'd like to answer that question myself too... if it weren't for my friends at Virtual Ability, I would have stopped fighting against "stupid" doctors end of 2009. And that would have been the end, as my brain tumour was real and as I measured growing logarithmically. Cell splits... I forced to get direct support and got it. This was a truly amazing talk, and we loved to hear three entirely different perspectives which basically synchronize so well at the end. It is clear, sharing those experiences help us understand more what health and peace is about.

[2025/11/06 12:02] Gentle Heron: Audience please thank the panel  
[2025/11/06 12:02] Stealth (Cicero Kit): Thank you  
[2025/11/06 12:02] Marylee Swift (Marylee Mermaid): 🙌 🙌 🙌 APPLAUSE  
APPLAUSE 🙌 🙌 🙌  
[2025/11/06 12:02] Lady Tigress Bonded (pet Karu):  
[2025/11/06 12:02] Lady Tigress Bonded (pet Karu):  
[2025/11/06 12:02] Lady Tigress Bonded (pet Karu):  
[2025/11/06 12:02] Suellen Heartsong: thank you  
[2025/11/06 12:02] Tom Bukowski: Thank you so much!  
[2025/11/06 12:02] Leondra Larsson: thank you!  
[2025/11/06 12:02] Gentle Heron: wonderful job  
[2025/11/06 12:02] Buffy Beale: Cheering loudly!  
[2025/11/06 12:02] Katie (Katie Cunningham): (..·'·~·..· Applause ..·'·~·..·)  
[2025/11/06 12:02] Thomas Meriwether Swift (GMMSilverstar Resident): applauds!  
[2025/11/06 12:02] Tom Bukowski: /claps  
[2025/11/06 12:02] iSkye Silvercloud (iSkye Silverweb): Thank you all for coming, this was fascinating!  
[2025/11/06 12:02] LillyLal Resident: Thanks y'all.  
[2025/11/06 12:02] ChareeThompson Resident: Thank you for being here today! I am so humbled.  
[2025/11/06 12:02] Stealth (Cicero Kit): 🙌  
[2025/11/06 12:02] Lloud Laffer: 🎵🎵☀️Thank you ☀️🎵🎵  
[2025/11/06 12:02] Gemma (Gemma Cleanslate): interesting  
[2025/11/06 12:02] Elektra Panthar: 🎵🎵🎵🎵 Applauds 🎵🎵🎵🎵  
[2025/11/06 12:02] Carla Heartsong: THANK YOU  
[2025/11/06 12:03] Daisy Gator (TheGator Resident): Yay! Thanks all  
[2025/11/06 12:03] Carla Heartsong: and thank you Daisy for voicing for me.  
[2025/11/06 12:03] Itico (Itico Spectre): Thank you all. Wonderful panel.  
[2025/11/06 12:03] Daisy Gator (TheGator Resident): no, thank you, Carla :D  
[2025/11/06 12:03] Elektra Panthar: <<transcription ends>>

