

[00:00:01.260] - Melissa Corkum

Is your parenting journey turning out differently than you imagined? It's never too late to begin your family's transformation journey.

[00:00:09.180] - Lisa C. Qualls

Welcome to the Adoption Wise Podcast, formerly the Adoption Connection Podcast, where you'll rediscover the confident and connected parent you long to be. I'm Lisa C. Qualls.

[00:00:21.370] - Melissa Corkum

And this is Melissa Corkum. Don't worry, we get it and we're here for you.

[00:00:27.600] - Lisa C. Qualls

Well, Melissa, it is the end of 2023, and this is our last episode of the year. So last year we had such a good time recording an episode about what we learned in 2022. And we got a ton of feedback from all of you listeners that you liked it too. So we decided we're going to repeat that again this year.

[00:00:50.410] - Melissa Corkum

But with new questions.

[00:00:51.910] - Lisa C. Qualls

Yes, new questions and a different year, let me tell you, right?

[00:00:55.890] - Melissa Corkum

Yeah.

[00:00:56.390] - Melissa Corkum

I can barely...I mean, it doesn't even feel like that long ago that happened or that people were telling us how much they enjoyed it. I don't know. I don't know where to get this year went.

[00:01:06.970] - Lisa C. Qualls

I know. It's so true. Well, I did give some thought to questions, and we've talked about our questions. Should we just jump in?

[00:01:15.270] - Melissa Corkum

Yeah, let's do it.

[00:01:16.720] - Lisa C. Qualls

All right. So, Melissa, I'm going to let you answer first. Our first question in our what we learned in 2023 is, describe a moment of clarity you had in 2023.

[00:01:29.430] - Melissa Corkum

I can think of quite a few. This has been the year for at least Patrick and me to really dig deep, more deeply into our own work. It's the first maybe full year, I think that I've been meeting with a spiritual director. I was finally able to get on my therapist's recurring calendar. I think one moment of clarity that I've had really maybe in the last six months is how comfortable our poor coping mechanisms are. When we start doing work or we wish our partner would start doing work or all these things, it's almost like, be careful what you wish for because I have all these things in my head that I imagine could be different in especially my marriage. There's certain things that I enjoy that I'm not wishing would go away. But doing your work upsets the apple cart. So it's just like clarity that work is hard. In some ways, I knew that, but I was telling someone recently, in some ways as we're each trying out new behavior patterns and responses, even though we've been married for 21 years, it almost feels like being newlyweds again because we're relearning each other's new responses.

[00:02:57.410] - Lisa C. Qualls

Well, being newlyweds again, it sounds romantic, but man, I would not go back.

[00:03:03.160] - Melissa Corkum

It's the hard part, though. It's not the fun part. It's always the... It doesn't feel as fun because there's all this water under the bridge. Now it's the part where you're not quite comfortable together yet because you don't know each other's things. We got to that point, and then we realized that some of that stuff was not as fantastic. Well, I'm a seven, so I always think everything's like going swimmingly and unless someone lashes it in my face that it's not. There's been some clarity there where I've been like, We're fine. I thought we were fine. We're fine, right? Then I'm like, Oh, maybe we weren't as fine as we thought. We were just avoiding.

[00:03:46.680] - Lisa C. Qualls

Well, I think that points to the fact. I mean, you guys have been married how many years now?

[00:03:50.550] - Melissa Corkum

Twenty-one.

[00:03:51.530] - Lisa C. Qualls

Twenty-one years. It points to the fact that our marriages grow and change over the years. They don't stay the same because we don't stay the same. We're growing, we're changing. We're definitely looking at, Lord willing, our youngest will graduate from high school a year and a half from now. When he does, we will have had been parenting children in our home, I think at that point, 38 years. We're looking ahead and thinking, wow, what do we want our life to look like? What do we want it to feel like? Now, anything could happen between now and then. Some of that choice that we are anticipating we'll have to make some new decisions, we may not get what we think we're going to get. If there's anything we've learned, life takes different turns and God takes us on different journeys than we sometimes expect. But just exploring that together is just interesting. I just feel like Russ and I are coming into maybe, hopefully, a new stage and looking forward to it. For everyone listening, we all know that parenting children with the level of need that most of our kids have, it takes a toll.

[00:05:06.610] - Lisa C. Qualls

It just takes a toll on us, on our marriages. It's hard to imagine that we might get to the point that Russ and I are going to get to the point where we won't be doing the day-to-day parenting. How is that going to feel? I think it's actually going to be quite nice for our marriage, because this has been hard. It's just been hard. Yeah, marriage, it's such a gift. I always feel like marrying Russ is the second, best decision I ever made in my life. The first being giving my life to the Lord and following Christ. But I'm so thankful, but I'm also thankful that some of this pressure will ease in time.

[00:05:47.540] - Melissa Corkum

What about clarity for you this year?

[00:05:51.470] - Lisa C. Qualls

You're going to be really familiar with this because we've talked about it so much. I had such a moment of clarity of realizing that I'd been on this path in my work, my ministry where I'm like, okay, my kids are getting older. I can do more. I can travel more. I can do all these things. It really became very clear to me that my high school boys need me home. It was a difficult year in 2023 to say no to so many things and to rein myself in and say, this isn't actually the season to speak more, travel more, do more. This is the season to stay focused. And so for me, it was a little hard. It was a little hard for me. There were times when I felt like, What on earth? My kids, they're big kids. Why can't I say yes to this or that? But once I accepted it and I realized that this is a season where I need to say no to everything in 2023, unless it is absolutely clear that the Lord is saying, This is the one, do this one. I had to do a lot of communicating with Russ about what I could and couldn't do, what worked for our family.

[00:07:16.420] - Lisa C. Qualls

I feel like in some ways I had a little bit of that, wow, everybody else is doing all these exciting things and I'm staying home. I also, though, eventually got to the point of some peace. It's not that I wasn't disappointed not to do some things, but some peace that I feel like the clarity for me is I need to finish strong with my boys. This isn't the time to ease up and pay less attention. I actually need to pay more attention. If you'd asked me several years ago, I would not have anticipated that. But it's definitely

been a moment of clarity. Really, it will probably continue quite a bit into 2024 where I'm just going to have to keep my focus. That affects a lot of things.

[00:08:06.730] - Melissa Corkum

I feel like it's a decision for your future self, though, because I don't think you're ever going to regret dedicating these years to making sure the boys knew that you were on their team, on their side available to them.

[00:08:21.020] - Lisa C. Qualls

I think you're right. One of the big commitments I made was that I would not miss a single football game during my son's senior football season because that was what was so important to him. I have no regrets about that. That was a very good decision, and I'm glad. This is all clarity for me. That was probably one of my most significant.

[00:08:45.480] - Melissa Corkum

I also feel like anytime you can make a single decision that takes a bunch of other decisions off your plate. It was really easy when speaking stuff came in and you were like, No, I'm not doing that this year. I feel like the decision fatigue is so strong in my brain right now. I'm so sick of making decisions. And so the fact that you had made that decision for 2023 and potentially a good part of 2024 in some ways, even though there was disappointment having to say no to a lot of that stuff, it was freeing.

[00:09:17.760] - Lisa C. Qualls

It was. I mean, it did make it easier for us to, as Adoption Wise, like Lisa is not available, but Melissa is. It did make some things easier. So yes. Anyhow, that was my moment of clarity. Okay, Melissa, next question. Name something that became newly important to you in 2023.

[00:09:40.820] - Melissa Corkum

When you pose these questions to me, I think even two weeks ago, I wasn't sure exactly. Then even in that amount of time, our family has picked up a new hobby. PJ started dating a girl sometime this year, and she's really into indoor bouldering. He got in and then immediately was like, PJ tried to get Mia in. They immediately were like, Oh, my gosh, Ty would be so good at this. Because Ty's thing is like Ninja. He's got all this upper body strength.

[00:10:16.070] - Lisa C. Qualls

Okay, I've got to interrupt. You have to tell us what bouldering is.

[00:10:19.630] - Melissa Corkum

It's like rock climbing. It's low rock climbing without ropes. You're not in a harness. Everything's low enough that if you fall, you shouldn't die. You might break something. The highest we climb is probably 10 feet, which is still pretty high for me. Actually, my worst fear is actually free-falling. This has been a little bit outside my comfort zone. And neither Patrick nor I have any upper body strength. We did not gift that to our kids by birth, so they're working for it. One by one, we got roped in. Mia got a membership to the rock climbing gym, and then they kept pushing us to try it. We finally tried just maybe two weeks ago. It's this cool atmosphere because climbing is so intense and it requires so much strength. People take breaks all the time. There's people just chilling all over the gym. You go for two hours and you climb a little bit, you sit around, you watch other people climb. You demonstrate climbs for other... If there's someone climbing with you who's trying to work on something you already done, you show them how you did it. It's very communal and it's not just physical.

[00:11:38.050] - Melissa Corkum

They're not even called climbs. They're called problems. They're problems to solve because there's different types of climbs that highlight different skill sets. Some highlight balance, more than strength. Some are strength climbs. Based on your body type changes how you have to solve the problem to climb. Mia is incredibly flexible. So she can use her feet. She can get her feet above her head to solve some of the problems. Ty has tons of upper body strength, so he just monkeys his way through. I have zero upper body strength. So it's fun. It's very cognitive. You have to learn how to... I

have to figure out how to regulate myself when I'm halfway up a wall and all of a sudden, I don't know what to do. I want to panic and jump down or fall down or just climb down when it's like, okay, can you regulate enough to stay in your creative brain and look around and figure out if there's some other way than the obvious thing to do? So it's been really good for Ty because it's in his wheelhouse, but it also challenges him, like spatial awareness, coordination. There's a lot of perseverance to try different climbs over and over again until you solve it. And it's like a great full body workout that feels fun. It feels hard. We're all sore all the time now. But yeah, so that's what's fun right now and new in 2023. That's how we're ending out the year.

[00:13:11.250] - Lisa C. Qualls

I like it. That sounds really... I mean, I have a serious problem with heights, so I probably would not enjoy that. But I like the idea of it. I like exercise. It's fun. I do. Even though I'm not an enneagram seven by any stretch, but I do like to do things that I enjoy. This year, Russ has really gotten back into cycling, which he used to commute by bike to work. He's gotten back into do that, but he's also gotten into trail riding and doing all this stuff. I'm really happy for him. But I haven't found my new thing yet. Well, we'll have to see. Maybe that'll come in 2024. All right, newly important to me in 2023, I recently completed the first phase of my spiritual direction program and training to become a spiritual director. During the course of, I think it was about a year and a half long, we started doing different spiritual practices. One of the ones that we were taught was centering prayer, which really centering prayer is about getting silence in the Lord's presence and then not doing all the talking. Often when we think of prayers, okay, I'm going to go to God with my list. But in centering prayer, we sit in silence and we let God speak to us. Usually, you'll choose a scripture or a word or something that you focus on using your breath. I'll explain that more in just a second. But anyhow, so when we would meet for our... We met four times for retreats during my program. Like, and they were at this monastery. It was really beautiful. We would start every morning in silence and centering prayers. We would gather and we would all sit in silence for 20 minutes, which felt pretty strange at first, but I pretty quickly got used to it. Well, of course, we were supposed to be practicing this at home and I could never make time for it. For some reason, it finally clicked with me in September. This is like a year and a half into the program, but it finally clicked with me like, Oh, I can make time for this. I added it to my morning routine to just sit in silence. What I do when I pray is I breathe in peace and I breathe out, be still. I just repeat that over and over, peace, be still.

[00:15:51.780] - Lisa C. Qualls

Of course, my brain is going down all these rabbit trails and I'll be sitting there, peace, be still, peace, be still. Then all of a sudden, I'm thinking about the grocery list or something with the kids. What my spiritual director taught me is, Lisa, let those thoughts flow by. You're sitting on the shore of a river and all those thoughts, just let them flow by. It's all right. Just bring your focus back to peace be still. I've been practicing it, and I think it's transformative. I really do. I think it's very regulating, for one thing because when we're doing centering prayer, we are co-regulating, really, with the Lord. We are leaning into God as our regulating, safe person and space, and we're calming ourselves in his presence. I think that has really become newly important, and it's really beautiful. It's very calming. It's very peaceful. I think it's something that's really anchoring in my life now, and I'm really thankful for it.

[00:17:00.030] - Melissa Corkum

Yeah, Joe Stabile is such a huge proponent to that. Suzanne Stabile is one of my favorite enneagram teachers. And so her husband, Joe, is a pastor and a former Vincentian priest. He talks about how that is the contemplative spiritual practice that literally everyone needs to do. We'll link to a teaching on that because I think it's really cool. But I think at first because I'm such an action-oriented person when I started that practice, and I've had seasons where I'm better at it and seasons where it's fallen by the wayside. But I was expecting to get to the end and be able to tangibly be like, God said this, or, this happened, while I was so obedient in my centering prayer. But he has a line in his teaching on it where he's like, It's not your business, what God's doing with you. It's just about the obedience of doing it. The outcome is not the focus. That really helped me because I was putting all this pressure on myself to feel different, to think differently, to have a word that I had felt like God had spoken to me at the end until when I realized, Joe doesn't think it's any of my business what happened in those 10 or 20. I'm not up to 20. I started at 10, and then I was like, I'll move up to 20, and I'm still stuck at 10 a year and some change later.

[00:18:25.740] - Lisa C. Qualls
Well, I didn't say I'm at 20 yet.

[00:18:27.920] - Melissa Corkum
That was really freeing. You keep adding a minute. I also found that where I do it, I was just doing it on the sofa, which is where I do a lot of my morning routine. But when the weather is tolerable, I find that it's much easier even just sitting on my patio, even if there's just a little bit of nature around has been helpful as well.

[00:18:53.770] - Lisa C. Qualls
Yeah, I think for me, I haven't been so outcome-focused as much as I just am saying to the Lord, I choose you. I choose this time with you. It's like wanting to sit with Russ. We don't have to talk to each other. We can just be together. I think that's what this feels like for me. I do think it's helping me to have maybe a different perspective about some things, be a little calmer and less caught up in some things. But really, it is about time with God and prioritizing. For me, what I have found helps me focus the most is I sit on the floor. I sit on the floor and try to sit in a posture that I have to... I can't get so relaxed that I just totally drift away. I just sit in a posture that requires a little bit of attentiveness so that I remember that I'm doing something intentional.

[00:19:53.690] - Melissa Corkum
Yeah. No, it's so good. I mean, even as a non-spiritual practice, like the idea of meditation, just quieting our mind, quieting our body, we know decreases stress and increases that gap between stimulus and response. So whatever your faith orientation is, the practice of sitting still and doing the best to let the thoughts float by and just focusing on your breath is such a good practice for everyone, especially when we're trying to be more patient, have more compassion, reclaim compassion for all the people, all the things, including ourselves.

[00:20:34.030] - Lisa C. Qualls
It's good nervous system care, which is what we're talking about all the time, is caring for your nervous system. So even if you don't share our faith, sitting in silence and quiet is just it's good. It's good for us.

[00:20:45.050] - Melissa Corkum
And then it's called meditation.

[00:20:47.270] - Lisa C. Qualls
Yeah. All right. One more question, Melissa. Now, you may have answered this a tiny bit, so you're going to have to come up with a second answer. What is one new thing you want to explore in 2024.

[00:21:03.440] - Melissa Corkum
Many parents who deal with big behaviors are looking for practical solutions and may also be struggling with blocked care. Private coaching or group programs that require regular Zoom meetings place even more burden on your already busy lives.

[00:21:18.660] - Lisa C. Qualls
We've created a group coaching program that fits your busy schedule, goes where you go, and provides true transformation. Reclaim Compassion is like having experienced coaches and a support group in your back pocket, accessible from a computer or mobile device when you need it and wherever you are. We provide a clear roadmap for transformation for families struggling with challenging behavior and possibly blocked care.

[00:21:44.880] - Melissa Corkum
In our program, you'll reclaim compassion for yourself, your child, and hope for your family. It's never too late to begin your family's transformation journey. For more information or to sign up, go to reclaimcompassion.com. I want to just be curious to new possibilities. As much as I'm up for a new adventure, I also really co-regulate and anchor against routine. I have a really firm foundation in really

familiar things. I think some of those things may not be serving as well. I think I might be too attached to that foundation as my regulating force. Just thinking about, what am I willing... Am I holding on with tight fist or am I willing to say, Okay, God, what's the next adventure that is so big that it feels like it uproots something? That's what I think I'm trying to... I do feel like God saying you might have to start letting go of some things that you're holding onto a little too tightly.

[00:23:09.800] - Lisa C. Qualls
Yeah.

[00:23:13.200] - Melissa Corkum
All right, Lisa, so what's one new thing you want to explore in 2024?

[00:23:19.580] - Lisa C. Qualls
Well, I'm already pressing into it a bit. I was invited to co-author a book, and it's an unusual situation because most commonly when I write and speak, I do that from my role as an adoptive mom. But in this instance, I was asked to write from my perspective as a first or birth mom. To be honest, when they came to me with this book, they already had a publisher. I originally told them, there are two other co-authors, and I originally told them, I don't think this is my project to do. I already have so much going on. But the other two authors and the publisher were convinced it was mine to do. I thought about it a lot and I thought, Gosh, I don't know emotionally how deeply I can go into that because it's such a painful story for me and it's so very sad. However, it's also very, very formative. I mean, a lot of who I am and the ministry and work I do now is tied completely to my experience as a first and birth mom and even my transition to becoming an adoptive mom. I mean, it's all like this very personal redemptive story in my life.

[00:24:46.330] - Lisa C. Qualls
I'm exploring it whether willingly or unwillingly. I am digging deeper into my story as a first mom and wanting to help other first moms and birth moms as well as the rest of the triad. We have to listen to each other. We can't assume we know. I can't assume I know how an adoptee feels because I'm not an adoptee. I don't think, and of course, we're all different too. Just the way I experience being a first or birth mom is different from how other women have experienced it. But it is my experience and it's my story. Yeah, digging into that more and a little hesitantly, and some days it takes a lot out of me, to be honest. But yeah, that is what I'm doing. Just to give some perspective with the book, the title of the book, the working title is *Healing for Every Heart and Adoption: Redemptive Strategies and Prayer for Adoptive Parents, Adoptees, and Birth Parents*. A very different project. It's supposed to come out a year next November, November 2024.

[00:26:02.600] - Melissa Corkum
I'm excited for it, mostly because I think I enjoy watching people across the triad and the adoption constellation listen to each other and work together. It's tricky.

[00:26:20.140] - Lisa C. Qualls
It is tricky. Fortunately, these other two authors, one's an adoptee and one's an adoptive mom. I'm just really thankful for them. Their grace toward me, like when I am struggling or they've been really kind and good to me. That's that.

[00:26:41.370] - Melissa Corkum
All right, well, you said last question, but you put one in our notes that I'm attached to now. Okay. Bonus question. What do you have right now that five years ago you only dreamed about having?

[00:26:56.610] - Lisa C. Qualls
Well, books. I mean, who would have dreamed? I started blogging in 2006 and had this dream of writing this book that I ended up being able to write with Dr. Purvis, and it was incredible. I still think back on that and think, Wow, only the Lord. That's just amazing. I got to write *The Connected Parent*. Then together you and I wrote, *Reclaim Compassion*. *Connected Parent* came out in 2020. *Reclaim Compassion* came out in 2023. We released-

[00:27:28.730] - Melissa Corkum

It's just funny to think that a year ago that we were... I mean, we were working on it, but it wasn't finished.

[00:27:36.620] - Lisa C. Qualls

No, that was really my big project. Maybe that's why I was supposed to stay home with my kids so much. I was supposed to stay home and write. I don't know. Then we released our curriculum, *Foundations for Preventing and Overcoming Block Care*. So all of that and then to think that a book is coming out in 2024. What's funny to me is I have not been a solo author on a single one of these books. I never knew I was such a collaborative person, but apparently I am. I just didn't know. Honestly, the fact that Adoption Wise now, we've existed for five years. When we started talking five years ago, we were just going to do a joint podcast. Who knew?

[00:28:19.620] - Melissa Corkum

Yeah, who knew? I think I'm attached to the question because of the five-year piece and because I'm thinking about that we launched the podcast in August of 2018, so about five years ago. And just to think about all the opportunities we've had to share our stories with other people, the things we've learned along the way in order to help the parents that we work with. The book. The fact that we have this community that we created that I don't know, neither you nor I have a ton of business experience. Neither of us came out of corporate America to start a business.

[00:29:08.780] - Lisa C. Qualls

I know.

[00:29:10.290] - Melissa Corkum

I tell people all the time. I think one of the reasons why I'm so grateful for this experience and a little bit in awe of it is because a lot of times I think neither one of us have any business owning a business in a lot of senses. And this couldn't have happened 10 years ago even. I mean, the Internet and virtual spaces, I mean, one, just our geographic non-proximity to each other were literally on opposite ends of the country. We have learned what we've learned about business because of things like online courses. My degrees in engineering, yours is not in business either.

[00:29:51.790] - Lisa C. Qualls

No, psychology.

[00:29:52.970] - Melissa Corkum

Yeah, which also feels more relevant to what we're doing. But, I mean, we've literally just put one foot in front of the other. We've walked through as many open doors as we could see, sometimes create. And literally, five years ago would not have dreamed that this was even possible. So I'm really thankful for that.

[00:30:16.880] - Lisa C. Qualls

I am, too. I am really thankful. I thought of one other really important thing. Five years ago, I did not know I would have my two beautiful granddaughters. What a sweet, sweet blessing. I feel like I waited a long time to be a grandma. I thought I was going to be such a young grandma. Then we waited a super long time. Then both our granddaughters were born just May of 2022 and October. Is that right? October of 2022? Yeah. They both are one year old now. Wow! I mean, what a precious gift. You know, because you have grandchildren, but it's just blown me away. I think when parenting is really hard, and then you get to see these beautiful little grandchildren who have secure attachment and they're just so much joy and so beautiful. Wow, it's been a treasure. I'm just profoundly grateful. I'm so happy to watch Russ be a grandfather and his joy in these little girls, man, doesn't get a whole lot better.

[00:31:26.760] - Melissa Corkum

Yeah. Well, it's funny you say that because five years ago, I guess we knew we were going to be grandparents. But just a little over five years ago, I would not have dreamt that we would still have a toddler in the house. We also have gained two grandchildren in the last five years. I think this is the other thing. Whenever I pick a five-year period to reflect on, at least in our family, things drastically

change. Literally, if you take any five-year period in our family history, I mean, things just change so fast. And so whenever people start talking about five-year goals, five-year planning, I'm like, Here's the thing. I love looking into the future, but thinking about that, to me is almost laughable because five years ago, we barely had a podcast. It really wasn't an actual business quite yet. Neither one of us had grandkids. Now, I would have thought we were well on our way to empty nest, and here we are with four kids and a grandkids still living at home. So many things have changed. My dad was really healthy. That was a weird thing to walk through, unexpected. So I think even this exercise is again, this people is why I don't do five-year planning because who knows?

[00:32:53.160] - Lisa C. Qualls

What will happen in the next five years? Yeah, we can make our plans, but we better hold them loosely, that's for sure. Yeah.

[00:32:59.750] - Melissa Corkum

So we hope that you take these questions, we'll pop them into the show notes and do a little reflection of your own. We said last year, I think maybe grab a cup of coffee with a friend or a couple of friends and bring these questions along. What great conversation starters, they make great dinner conversation with your family. As always, we are incredibly grateful for those of you who are on the other side of these microphones listening, the fact that you all still listen and make it so that we can do this as part of our job. It still cracks me up that I get to talk for a living.

[00:33:40.270] - Lisa C. Qualls

Yeah. Me too. Literally, my dream job. Every report card all through school. Lisa talks too much in class, and now I get to talk.

[00:33:47.580] - Melissa Corkum

So just a reminder, friends, that your kids, cryptonite can also be their superpower, right? Because I also was always in trouble for talking in school. So anyway, I think as we wrap up this year of the podcast, just really grateful for all of you who listen, who write us notes on social media telling us how different episodes affect you. If you haven't left a review on Apple Podcast or your podcast player, we read all of those and they mean the world to us because this is so much a one-sided conversation. And those reviews help us just know that what we're doing is important and it matters and that we're still producing content that is helpful to those of you who are listening.

[00:34:33.460] - Lisa C. Qualls

Yeah. Thank you so much, everybody. We think about you all the time. We really, really do. We think about you. We ask ourselves, what would they want to hear? How can we serve them? What should we create? So we are thinking about you and we hope that 2023 closes out in a good way for you and that you have a lot to look forward to in 2024 and we will be back.

[00:34:56.410] - Melissa Corkum

Before you go, we'd love to connect with you on social media. Our Instagram handle is @adoptionwise or better yet, join our free Facebook community at [adoptionwise.org/facebook](https://www.adoptionwise.org/facebook).

[00:35:10.830] - Lisa C. Qualls

Thanks so much for listening. We love having you. Remember, you're a good parent doing good work.

[00:35:20.030] - Melissa Corkum

Music for the podcast is composed by Oleksandr Oleksandrov.