

Dover

Richard 00:00

I'm wearing a child's gaming headphone set that's abnormally large and it gives me the, the appearance of a, maybe a helicopter pilot.

Greta 00:11

Yeah, you look very, very airborne.

Richard 00:15

Alright. Thanks. Like a pathogen.

Greta 00:19

Well, shall we introduce the episode?

Richard 00:23

Yes, yes. I'm gonna just. I'm gonna move this, never mind listeners, you're never gonna know what I just moved. Oh god, it's annoying.

Greta 00:32

Leave your dick alone.

Richard 00:34

It's annoying though. You know, it just juts out. Always got a semi, you know, one of those. Just always semi. I don't know if it's the medication I'm on or what, you know, it's like my mood swings have leveled off and so has my dick, you know what I mean? It's just halfway, middleman Jones, you know, just sticking straight out.

Greta 00:53

Yeah.

Richard 00:54

You know?

Greta 00:55

Yeah, I know. It's a 45 degree-

Richard 00:57

Angle down.

00:58

[Intro Music: Richard and Greta, gonna make your life better, today]

Richard 01:07

Most of my photos are all the same. You know?

Greta 01:09

You took a lot when we went to the White Cliffs of Dover.

Richard 01:13

Yes.

Greta 01:13

We had a good day.

Richard 01:15

Yeah.

Greta 01:15

I noticed that you had to move away from the edge a couple of times, Richard?

Richard 01:19

Yeah, there's a few things I'm afraid of.

Greta 01:23

Jumping off? Or heights?

Richard 01:25

Whenever I think of Dover, I think of people jumping off those cliffs. And then I think of myself jumping off those cliffs. And I think about people falling off, tourists taking selfies and all that fallen off to their deaths.

Greta 01:38

Yeah.

Richard 01:39

And I kind of fixate on it, what is it called? Real OCD, I think it's called. What if I jump? What if I jump?

Greta 01:47

Yeah.

Richard 01:48

So I got that going for me. And then, you know, even when I'm not at Dover, I kind of got that going for me. So when I am there, I really sort of face it like, oh shit, and then seeing you close to the edge. Well, that's sure does make my heart do cart wheels.

Greta 02:02

Is that in case you push me off?

Richard 02:04

No.

Greta 02:05

It's in case I do it?

Richard 02:07

It's in case you fall off. Maybe a little bit "what if I pushed you?"

Greta 02:11

Right.

Richard 02:12

A tiny bit.

Greta 02:13

Yeah.

Richard 02:14

But not like I'd want to.

Greta 02:16

Maybe we shouldn't go there again.

Richard 02:18

It's a nice place though. You know, those green rolling hills and those chalk white cliffs, you know, like big teeth rising out of the sea.

02:27

[Musical Intermission]

Richard 02:34

Greta, I wonder if you would do the honors of leading us in this afternoon.

Greta 02:40

Hello. I'm Greta, and I'm here with Richard today. Welcome to How To Get The Most Out Of Your Partner. And what percent are we on, do you think, of you know the most- I mean, how much do you feel you have right now?

Richard 02:53

Like how much am I getting out of you?

Greta 02:55

Yeah, you know, if the whole me is 100?

Richard 02:57

Yeah.

Greta 02:57

Like the whole of my potential. Like are you getting the most? Where are we at?

Richard 03:02

Yeah, it's a tough it's a tough one. You know, I don't want to go too low and make it, you know, seem like everything's hunky dory, because that won't challenge you enough.

Greta 03:11

So you want to challenge me, but not insult me?

Richard 03:13

Yeah, so I'll go 70%.

Greta 03:15

Oh, oh.

Richard 03:16

You know?

Greta 03:17

Yeah, you challenged me.

Richard 03:19

Have I wounded you by saying that I'm getting 70?

Greta 03:21

Well, I'm trying to take it as a compliment that you see that potential. But I do feel like, yeah, shit. That's not good. That's not an A.

Richard 03:30

No, it's a C. But uh.

Greta 03:32

You know, Richard, it would have been fine. Had I not already known I was gonna give you 80.

Richard 03:37

Well, do you think? You know, before we start, you know, you feeling bad and everything and me feeling weird. Can we can we just dissect this 80 that you're giving me?

Greta 03:49

80 is just the number that I intuitively reach for. I thought, "that is an 80 sitting across from me".

Richard 03:56

Yeah.

Greta 03:56

You know, I know. You give a lot. You know, it's an A, and I guess I hold back.

Richard 04:02

An 80 is not an A, just to, you know.

Greta 04:05

Isn't it?

Richard 04:06

I would think that's a B.

Greta 04:07

Ok, but it's a strong B.

Richard 04:10

It's a low B, you know, I think it's the number that you get a B at.

Greta 04:14

I don't know, you were nice to me when my bike got stolen. You're generally very responsive, you know, supportive, and playful. So 80.

Richard 04:24

Thanks for the 80, gonna keep me going for the next week.

Greta 04:28

Okay, I'll bring it down a bit because I need you to try to stretch a little in some areas.

Richard 04:33

Okay.

Greta 04:33

Yeah, we'll take it down. Say 72.

Richard 04:35

Okay, I'll raise you up too and we'll just both be 72. Listen, I'll put you up to 73. So you've got a slight advantage.

Greta 04:44

I like that.

Richard 04:46

[Music: (Singing) How to get the best. How to get the best... out of your partner. (Speaking) I can't sing and play at the same time. It's going to cause a whole-]

Greta 05:02

How was your morning?

Richard 05:04

It was okay, you know, but I bit my tongue. I ate a fruit pastille, and I bit my tongue delivered a fucking fine, fiery blow of cunnilingus to Greta, I sure did, you know, whirling and twirling sent her to the fucking moon, you know, bit, tongue at all. But, you know, that's personal. So I don't feel obliged to give the listeners every detail of our lives. You know, just because I was, you know, burrowing away like a, you know. What burrows?

Greta 05:39

A beaver.

Richard 05:40

Yeah beavers burrow. And that's weird. You know? Because you know, it's like cannibalism or something. I don't know. That's beaver on Beaver. Is that- what's that? Is that gay? I don't know. I don't care, like at all. Anyway, it was nice morning. How was your morning?

Greta 06:01

I had a good morning, actually. I did some yoga.

Richard 06:04

Was that something you were doing on your own, or were you following an instructional video?

Greta 06:08

It was my favorite yoga teacher. She only releases a yoga episode, you know, as often as I do a poem. She does it when she feels it, you know, and she had- she'd released one. So I did it. Her standing postures. And the theme was to create the space you need and the breathing area to allow for all feelings, you know, difficult ones, pernicious ones.

Richard 06:37

Oh.

Greta 06:38

Often she says, "release the breath with a sigh or sound" and sometimes I do if I'm truly alone, you know? [Greta groans]

Richard 06:46
Oh Greta.

Greta 06:51
[Greta groans again]

Richard 06:51
Oh Greta.

Greta 06:54
[Greta groans once more]

Richard 06:54
Yeah, I do that sometimes. [Richard groans] That was a bad one.

Greta 07:00
Because it's not relaxed. Yeah, that's it-

Richard 07:03
[Richard groans again] [Richard groans once more]

Greta 07:06
That's good.

Richard 07:08
I love the way you say good. You know.

Greta 07:11
I did have put her up to 1.25 [playback speed], because you're fucking slow.

Richard 07:15
Yeah, yeah. You know, that's a fine feature on the YouTube that you can speed up the playback speed. You introduced me that Greta, it's saved a year of my life already. Any tutorial, chuck that up to 1.75, You know?

Greta 07:32
Oh, yeah. If it's about how to prune your bushes.

Richard 07:35
Yeah.

07:35

[Musical Intermission]

Richard 07:41

Yeah. Should we move on to another segment, or?

Greta 07:43

Let's move on to a segment indeed, indeed. Am I right in thinking that on the agenda today, we have "listener questions", "product review", and "surprise segment".

Richard 07:55

Yes. So, inviting our listeners to riddle us with questions, you know. And we're very grateful listeners that you do send these questions in and they do challenge us and help us to learn and expand our horizons in so many ways.

Greta 08:14

GM would like to know, "Richard,"

Richard 08:17

Yes?

Greta 08:18

"have you ever thought of running for mayor?"

Richard 08:20

Oh my.

Greta 08:21

She seems to think that you would be divinely suited.

Richard 08:26

As a mayor?

Greta 08:27

Yeah.

Richard 08:28

[GM], I am very complimented. Yes, I've considered running for mayor, but only in a way that's like a fantasy you know, lying in bed at night I might gaze at the ceiling as if it were a tapestry of stars and think "Richard, as mayor". You know?

Greta 08:50

I think it's a good idea Richard, I think we should get started. Free range your ideas about things, how to get the most out of schools, how to get the most out of the pedestrian crossing, how to get the most out of the post system?

Richard 09:04

Yeah, get the most out of the post. You know, and I could introduce different policies like if you're going to buy a gun you also got to plant 100 trees, you know, just trying to find a win-win. Like all right, you can-

Greta 09:16

Yeah, get the most.

Richard 09:17

You know let's get the most out of this, if you want to buy an assault rifle, can you also plant a forest of trees that I can hide from you in?

Greta 09:25

Thank you for writing in with that.

Richard 09:27

Yes, thank you [GM], for the supportive idea.

Greta 09:31

I think it's beautiful that you would inflate Richard sails so, and I will continue to blow there.

Richard 09:37

Yes, yes. My oh my.

Greta 09:41

You like it when I blow on your face when you're trying to sleep, don't you?

Richard 09:45

I do.

Greta 09:45

I like watching your eyebrows dance in my blow.

Richard 09:48

It's one of those things that you think you don't like but you know you'd miss, you know?

09:55

[Musical Interlude: (Lyrics, both) Point made]

Greta 09:57

This question is from Forrest Whiting, Forrest wants to know how we met Richard?

Richard 10:05

Oh, yeah. Yeah, I remember.

Greta 10:07

I remember too, yeah.

Richard 10:08

We were both walking down. I can't remember the name of the street now. And we're coming from opposite directions, you know, there was some kind of construction project going on. You know, they were replacing some water main or something like that, and we couldn't get in.

Greta 10:24

Yeah, couldn't get past.

Richard 10:25

You know, we're gonna- supposed to go in and do a batik course. And we didn't get in and I remember, you know, you- you said, are you here for the batik? And you were a little angry.

Greta 10:25

Yeah.

Richard 10:37

You know, because we couldn't get in and I was a little ticked off myself, and I was like.

Greta 10:41

I was a little late. You were a little late.

Richard 10:42

Yeah, we were both kind of late and then there was the construction thing, when neither of us could get in, the door was locked, when we finally did get around it because we-

Greta 10:49

There's a patience in your aggravation that I instantly admire.

Richard 10:53

Yeah, I got a similar vibe from you, you know, you were, you were like, you were angry. You'd had a little rolled up cigarette. And you cast it down and said, "this is bullshit", and you knocked on the door.

Greta 11:04

Yeah.

Richard 11:05

And some asshole John, the batik guy called out "sorry", you know, "it's already begun". I can't start the steps all over again, with every late straggler.

Greta 11:14

Wasn't that the best thing that could have happened?

Richard 11:17

Best thing ever. You know, we went for a walk.

Greta 11:20

Yeah, you had one of my cigarettes.

Richard 11:22

Oh, yeah, we started talking about spittoons because there was like a rim from an old Cadillac or something there. And I said, "it looks like a spittoon, imagine we were chewing tobacco instead of smoking it, and we were you know, just spitting her cud into the spittoon". I asked you for your number and you said you didn't have a phone. I thought "that fucking perfect".

Greta 11:44

It was easier to stay together than part and not be able to get in touch.

Richard 11:49

Can you believe that was 45 years ago?

Greta 11:51

Yeah.

Richard 11:52

Just come across young because we got young spirits and still fuck a lot.

Greta 11:56

Should we go and get a nice beer?

Richard 11:59

Yeah, let's get a beer.

Greta 12:00

For the next section.

Richard 12:01

Absolutely.

Greta 12:02

Cold beer.

Richard 12:03

Yeah.

12:15

[Musical Intermission]

Greta 12:15

[Sound of a can opening and slurping] Oh that's lovely.

Richard 12:16

It's good, yeah.

Greta 12:17

Well.

Richard 12:19

Yeah, so product reviews.

Greta 12:20

Product review. You know, I'm excited to know what you thought of the rice cooker.

Richard 12:26

Yes, the rice cooker. I'd say don't get me started, but... you already have. I feel like I want to make like a strong argument against it, you know.

Greta 12:38

Yeah.

Richard 12:38

But I'm so angry that my words won't come because I'm so mad that the rice cooker exists. I feel like it's the tip of the iceberg of all the problems of the frickin world.

Greta 12:48

Do you want me to come calm you? Shall I rub your shoulders while you talk us through it?

Richard 12:52

Yeah, yes please.

Greta 12:52

I'm coming right over there.

Richard 12:54

Okay.

Greta 12:54

Coming over there.

Richard 12:55

Okay, right. I'm crying. I am literally crying here.

Greta 13:00

It's okay Richard.

Richard 13:01

You know, it's a nice-

Greta 13:02

I'm doing Richards shoulders.

Richard 13:04

Yeah, that's a nice shoulder rub.

Greta 13:06

Very tense when he thinks about this.

Richard 13:08

Look, it's two to one ratio. It's no big deal. I'm gonna be awake for weeks thinking about this rice cooker. It's called a fucking saucepan, you piece of shit. What the hell? A rice cooker. Yeah, there's one sitting in this chair talking this microphone. His name is Richard. He cooks rice. No problem, in a pot of fucking water. You know? Here's- get your rice cooker right here. Oh my god. I'm so mad.

Greta 13:34

And aren't you perfectly cooked now?

Richard 13:37

Yeah. Yep. Yes I am, you know, I'm not too sticky. I'm fine.

Greta 13:44

Yeah.

Richard 13:45

Sorry. Pretty strong feelings there about the rice cooker.

Greta 13:47

Don't be, it's good.

Richard 13:48

You know, when I get mad or my nuts get hot.

Greta 13:50

Oh, you've got a-

Richard 13:51

Embers, you know?

Greta 13:52

Oh, Richard.

Richard 13:53

Yeah, like two fiery eyes glaring at a rice cooker. In my pants.

Greta 13:58

Do you need a cold cup of water for your ball bag?

Richard 14:02

That'd be nice. Got my ball bag and a nice cold cup of water. You know, I've been pretty steamed up this episode, and... Greta brought me a nice cup of water and one cube ice in it.

Greta 14:15

Yeah, it's heating up though. Richard.

Richard 14:18

Yeah.

Greta 14:20

If you're cooling off now.

Richard 14:22

Yeah?

Greta 14:22

It's time for our surprise segment.

Richard 14:25

Oh, Christ.

Greta 14:26

Do you wanna?

Richard 14:27

Yeah, let's do a surprise segment.

14:31

[Musical Intermission]

14:31

[Door closes]

Greta 14:33

It's exciting. Oh, yeah.

Richard 14:37

Okay.

Greta 14:38

Okay.

Richard 14:39

Yeah, I won't play much. Now, this is a real "Get The Most out of Your Partner Challenge" You asked for it. Literally. You asked for it again. You asked me to do this.

Greta 14:51

Oh, I did.

Richard 14:52

It's time to pay your parking ticket.

Greta 14:56

Oh, Richard.

Richard 14:57

Yeah.

Greta 14:57

You're so right. It is.

Richard 15:00

You know? I'm gonna play the guitar.

Greta 15:01

Okay.

Richard 15:02

And you're gonna give us the play-by-play of what you're doing in a poetic way.

Greta 15:06

Oh, yeah.

Richard 15:07

And you can give us- tell us what you're going through.

Greta 15:10

Okay, first of all, I'm turning up the brightness because I haven't got my glasses so I can't see the- so this is going to really be a challenge.

Richard 15:16

Yes.

Greta 15:16

C U. What does that say? Richard? I got a big, oh yes, 559.

15:21

[Greta strums a guitar]

Greta 15:23

(Singing) 559.

Richard 15:23

Oh, it sounds wretched, okay.

Greta 15:24

Yeah, but it's kind of atonal.

15:27

[Greta strums the guitar again]

Greta 15:29

(Singing) 3-4-7-0, 3-4.

Richard 15:31

Wait. Are you giving them your card details?

Greta 15:34

No, I really got my parking charge number. (Singing) And then I have to go to the other side of the ticket to get the website that I pay the ticket. Camden dot gov.uk forward slash pay. I got a ticket. So I can't remember when, I'll try and remember when while the page is loading. I think I went to the park, or no that day I didn't get one it was a different day. It's time to put in the number C-U, 5-5-9 go. This reference entered is not valid. Let me cross reference. I tick the box I click "Continue". The amount is 40 pounds, continue. So what, it wasn't worth to journey over into the bank. Make a Payment. Your

transaction is being processed. Continue. I think it's done. I've paid my parking ticket, Richard. Thank you Richard. Thank you. I'm grateful because that would have gone up to 80 pounds. I got the most out of you. You didn't get much out of me. But you did get a song.

Richard 16:59

Camden got most out of us in that round.

17:07

[Musical Intermission]

Greta 17:07

Richard, I love you.

Richard 17:09

Oh Greta, I love you too.

Greta 17:11

Thank you for this podcast.

Richard 17:13

Thank you.

Greta 17:14

It's dark in here now and I can see faces in everything. The ironing board has faces and those weird, wooden sculptures that they pinned to the cupboards of like sad eyelashes-

Richard 17:26

Okay, Greta's freaking out so...

Greta 17:27

Those are not handles.

Richard 17:29

I'm going to turn on the lights.

Greta 17:30

Those are nostrils.

Richard 17:32

She does get these kind of waking nightmares.

Greta 17:34

There's like a lion guy in the wood in the-

Richard 17:38

I'm just going to leave my microphone, turn a light on.

Greta 17:39

Thank you Richard.

17:45

[Musical Intermission]

Greta 17:46

This segment is called "You Choose".

Richard 17:48

Okay.

Greta 17:49

I got two things. You choose whatever you think you're gonna get the most out of yourself and the most of your partner.

Richard 17:55

Yeah.

Greta 17:55

The first one is I invite you to put me to bed with a bedtime story,

Richard 18:00

Oh.

Greta 18:00

And a lullaby.

Richard 18:01

Yes.

Greta 18:02

The second one is more an exercise in listening.

Richard 18:06

Ooh.

Greta 18:06

So I thought we would try and talk for one whole minute at the same time, without stopping talking to see how much we can hear of what the other person is saying.

Richard 18:18

Oh yes, let's try the both talking at the same time or feelings, and so we're-

Greta 18:23

Yeah.

Richard 18:24

Yeah, the object is to listen and talk or?

Greta 18:26

Yeah, the object is to listen whilst talking.

Richard 18:29

Well are we slipping straight into it? I don't know. (Both speaking at the same time) Okay, well we could, okay right now I guess, now we're doing it, now we're doing it, yeah this is happening, now we're both doing it, yeah, I'm trying to listen to you too, it's working out, its no problem I can hear everything you're saying, yeah I'm fine, yeah but I'm looking at you and I like you a lot. You know, it's nice sometimes, yeah, you have to take a breath, you know, I'm taking a breath occasionally too. It's incredible, you know, and we're... yeah, I mean we are just describing each other but I want to know how you feel you know, like, I want to know deep inside, I don't know like, how do we get past the superficial. That's nice, that's what I want to hear, because yeah, no I mean superficial like the microphone in front if you but I love you dearly, you know, I just, I want to go over there and just, you know, feel your hair in my hands. Yeah, let's do it, let's do that that sounds great, you know, I want to put my- your fingers on my chest, you know, go furling through my imaginary chest hair, you know, sometimes i fancy myself an olden man of the mountains you know and... yes, yes, yes. And don't we have fingers like herds of weasels just burrowing through, oh, so much fur on both of our chests, yes, and watch out, yeah watch out weasels, don't you go jumping off the cliffs, you know.

Greta 19:07

(Both speaking at the same time) Are we starting? Okay, well we could now, but how do we know? Okay I think we're doing it. This is it. This is it here. You just blinked and I am trying to listen as well as talk at the same time. You've got your headphones on and I'm just describing you but seem to hear me and that's good and that's fine too... and I ran out of breath, I'm so glad you like me, I'm really, so glad. It's amazing the way the microphone is in front of the shield and your face, it's like a funny Mickey Mouse mould. And you were talking about something a minute ago, but you don't know how I feel, but I haven't told you how I feel. Oh I desperately love you Richard. I love you so much and it's not superficial. No, I love you deeply and your eyes looking at me and way your eyebrows dance is lovely. And I love you deeply too, you know, I like when I put my head into your T-shirt and rub it around your chest, and, oh make me a lump let me put my hands through these sleeves and walk around like a great big two by two, put the fingers on your- yes and you too can feel my imaginary chest hair as I am an old lady of the mountain like a goat beard, dont ever trip lovingly down like a mountain goat and not fall off the cliff [unintelligable] It's time for

Richard 20:52

Yeah

Greta 20:52

Bed

Richard 20:52

Bed. Goodnight.

Greta 20:52

Good luck.

Richard 20:52

Good riddance.

Greta 20:52

Good morning.

Richard 20:52

Good for you.

Greta 20:52

Goodbye.

20:52

[Outro Music]

Richard 20:52

If you'd- If- Hi.

Greta 20:52

Good start Richard

Richard 20:52

Thanks

Greta 20:52

Take it from there.

Richard 20:52

Fuck yeah. If you've enjoyed Richard and Greta's podcast, you might also enjoy following us on our social media.

Greta 20:52

Yeah, we're on Twitter, @richardandgreta.

Richard 20:52

We're on Instagram @richardandgreta.

Greta 20:52

We have a Patreon page, Richard and Greta, if you want to give us money we are totally okay with that.

Richard 20:52

What else are we on, Facebook? Did you say that?

Greta 20:52

Facebook, you know, it's my Facebook.

Richard 20:52

Yeah, everyone's, I mean fuck Facebook, but look, if you're there, get on in, the water's nice.

Greta 20:52

Oh, controversy.

Richard 20:52

You know.