

4. Bircher

Greta 00:00

Okay, you're gonna make a nice core point. [Richard says 'yes' before taking a screw out of a bottle]. It was a squeaky one wasn't it? Squeaky ass one

Richard 00:09

Tried to get a clean one? [Richard tries again to get a screw out of a bottle]

Richard & Greta 00:30

[Singing] How to get the most (how to get the most)...out of your...partner

Richard 00:39

What am I doing?

Greta 00:40

Goddamn Richard. It's so beautiful. Let's do it again.

Richard 00:46

'Out of your partner' is what I'm supposed to do. Every time we do it, I go, 'part-ner'. That's what you're doing. We can't help but do what you're doing.

Greta 00:54

But you come with and I feel so nice. It's like, you know, should we go this way? Or we're on a walk? Yeah. And there are branches and leaves and stuff like

Richard 01:01

there's a fork in the road.

Greta 01:02

There's a path and you come with me. I like it. You know, I'm not alone.

Richard 01:07

Yeah, ever.

Greta 01:09

Do you want to sing my one? This time? I'll sing something different.

Richard 01:12

No, because I won't. It's because I hear you.

Greta 01:15

If you just go, one note, you go [singing] 'out of your part-nerrr, just one note.

Richard 01:21

[Singing] 'Out of your part-nerrr'. B ecause I feel like a zombie. I feel like I've got my arms out front. And I'm just waltzing from the grave to the drugstore and get a few brains. Why don't you

Greta 01:32

Why don't you try that? Let's see if it sounds good.

Richard 01:36

[Singing like a zombie]. 'Out of your partner'

Greta 01:38

No, just [singing] 'out of your partner'. All one note, Richard.

Richard & Greta 01:42

Ahh Christ on a pony who was wearing roller skates. [Singing] How to get the most (how to get the most). How to get the most (how to get the most)...out of your parrrr...[Greta & Richard laugh]

Greta 02:07

I flubbed it. You were perfect. And I flubbed it. I just got too excited. I didn't know what was going to come. And that moment has become exciting to me because it's so unpredictable. And I just couldn't hold a note. And I'm so sorry, Richard.

Richard 02:23

No. There's no need.

Greta 02:24

No, you smashed it out of the park that time.

Richard 02:28

That's a small park. You know, let's be realistic here. It's a lawn if anything, maybe like a front.

Greta 02:35

Yeah, but it flew over the hitch, hitch. [both laugh]... It flew over the hedge and I love it.

Richard 02:43

Yeah, a knock that ping pong over the hitch.

Richard & Greta 02:46

[Singing] Richard & Greta...gonna make your life better...today.

Richard 02:57

Hello, and welcome to Richard and Greta's very own podcast, how to get the most out of your partner. Wherein we challenge each other to be better so that we can be the best for one another.

Greta 03:13

What a lovely introduction.

Richard 03:14

Oh, my thank you, Greta. You know, maybe you should introduce it too. That'd be nice.

Greta 03:20

Hello. Good afternoon, or evening. Good morning. Wherever you are. From Richard and Greta.

Richard 03:29

Gorgeous, and I think you're the best [Richard opens can]

Greta 03:35

Beautiful noise Richard. Oh, that must be as good as a cold.

Richard 03:39

It's very cold. It's very nice. I'm very grateful for it. So, let's get into it. Our first segment. How was your morning. Greta. How was your morning?

Greta 03:49

Well, my morning began with a bowl of bircher cold made the night before.

Richard 03:58

I find myself the layman bircher. Please prithee. What is bircher?

Greta 04:04

Well, it's made with a yoghurt. For me, that will be a 0% Greek yoghurt. You might grate some apple in it the night before new might add some hard fibre. That'll be something like bran or an a oat bran, which is not like the fun robust oat, but sort of a smithereen of an oat that you soak in along with that 0% Greek yoghurt and this grated apple that would otherwise brown word not covered in the other substances and it makes for cold, a healthy start for the day that leaves you ravenous by 11.

Richard 04:50

Yes, yes, it does kick the metabolism into high gear. You know, porridge goes the same. If you're in a American we're recording from England so we might pitch to the American ear, the North American ear. You Canadians, I'm not sure. Porridge is oatmeal.

Greta 05:12

The same fuckin thing.

Richard 05:15

Same goddamn shit.

Guitar strumming 05:16

Richard 05:22

Let's check in.

Greta 05:24

Oh, we can check in.

Richard 05:25

Yes, let's check in for what we're grateful for.

Greta 05:30

I am so grateful for the scalp massage you gave me the other day in front of the television, which I was not watching.

Richard 05:38

And what a fine thing to groom one another. It was as if I was shampooing you dry.

Greta 05:47

Please tell me you're grateful for something, Richard because I fear I have not given enough this week.

Richard 05:54

Oh, oh isn't that a sad thing to hear?

Greta 05:58

And what a hotspot you are on to negate my presumption?

Richard 06:02

Yes. And it is in this moment that I can decide whether to say no, you haven't given enough or you've given plenty. Oh, to walk this knife edge in such a barefeet Oh, well, it's slice twain my toes. I know not. But in fact, you have nothing to fear, Greta, for you haven't given me so much. So much this week. So many reasons to be grateful.

Greta 06:31

Oh, good.

Richard 06:32

Oh, I cannot count kill them.

Greta 06:33

Oh, that's good. Oh, I hope we can hone in on one. I don't want to end up in the position of suggesting things you might be grateful for.

Richard 06:43

You needn't suggest for I am replete with responses, tis only that I must choose. That causes my slowness in reply. For it is a plethora. A smorgasbord, tis a cornucopia of gifts.

Greta 07:03

But filler filler. Let's get to it.

Richard 07:07

It's there. Tis near. And soon it shall reveal itself. I'm grateful for you. Making me feel like I have value...

Greta 07:19

Or generalisation.

Richard 07:21

I know you're looking for a specific thing.

Greta 07:23

Yeah, one thing I've done, you know?

Richard 07:27

Yes, this knife edge isn't getting any more dull. That's for sure.

Greta 07:32

The soup? You know,

Richard 07:35

I guess so. You know...soup? I feel like I'm letting you down.

Greta 07:39

No, that one soup a week. You know, how long do I expect this to last? Well, at the least you'll get two soups this week. That will be on an upward gradient

Richard 07:51

Two soups. Yeah. Looking forward of that.

Greta 07:57

It's important to be grateful for all times when you lose sight of that is when you're worthy when the shit hits the fan.

Richard 08:05

Do you think that expression is based on an actual event?

Greta 08:10

I do? I do.

Richard 08:12

Somebody walked in what happened here? And then you know, poor, Frederick or whoever.

Greta 08:17

Yes.

Richard 08:18

Had to say this should hit the fan.

Greta 08:20

Yes, he was head down, legs up, at the time.

Richard 08:25

Oh god.

Greta 08:26

Things were that bad that he had to shoot upwards? Or maybe it was not a ceiling fan?

Richard 08:32

Yeah, I was picturing one of those desk fans.

Greta 08:37

Yes, better. But I mean, if the shit hits the fan that was nearby where the shit ought to be. It wouldn't be much for an event. Wouldn't be worthy of idiom in history. The shit hit the fan. I mean, it has to be the ceiling fan has to be maybe like a high ceilinged room. Yeah, on the ship unexpected. I mean, it was that bad. Travelled.

Richard 09:03

Yeah. I find it interesting that you're concerned with how the shit travelled to the fan tha before. We don't think about that. Most people would think about how the fan scattered the shit around the room.

Greta 09:19

Oh, oh, I've never... wow. I never thought it through that far. For me it's a previous event, it's historical thing.

Richard 09:30

I like it your way, what could have been going on that the shit hit the fan?

Greta 09:36

This is the evidence, look the shit hit the fan and yes, he never thought of the spray and the carnage.

Richard 09:45

In my mind. That's what the expression is about. It's like oh, there's the shit is everywhere. But in your mind, I guess, I guess, it's things have gotten so bad that we're shitting on fans.

Greta 09:59

I thought that things were so bad, he shat upwards, you're right. It makes no sense. Of course, not.

Richard 10:05

How to get the most out of your partner. And one of those things, sometimes is educating them in the true meaning of an idiom, now you will listener can decide who educated who here, it's my opinion that we both shone a light on this expression. We both came away with a new and deeper understanding of of this.

Greta 10:29

Should we move on to the next item?

Richard 10:31

Yes, yes, yes.

Greta 10:33

It's something I'd like to invite you to do.

Richard 10:36

Right.

Greta 10:36

I'd like you to come around to my microphone. And I would like you to lay your hands on a part of my body. And I want you to try to articulate what it is trying to say. You can choose the part. Don't be shy.

Richard 10:53

Okay.

Greta 10:53

And hear it speak.

Richard 10:55

I'm already feeling shy. Yes, but I'm intrigued. You know.

Greta 11:02

I'm intrigued as to which part you're going to choose

Richard 11:05

Fairly certain. I'll play it safe.

Greta 11:07

Oh, well, you don't have to. You can put your hands on any place could be the head. You know, the breasts, the knees. It could be

Richard 11:17

Oh, my.

Greta 11:20

It could be the...

Richard 11:21

Oh, my.

Greta 11:24

I don't know what to call it my front.

Richard 11:29

Yes.

Greta 11:30

Wow. Or it could be part of my body that you've never heard speak, right. But if you come before me, you hover your hands over the aura of my body and see which piece longs to speak and hear its cry.

Richard 11:45

Okay. Yeah, I am honoured. And I would love to listen to your cuerpo, that is body in Espanol. To listen to your cuerpo.

Greta 11:56

Oh, to be venerated in Spanish.

Richard 11:58

Okay, I'm leaving my microphone now.

Greta 12:00

Okay, he's coming over here.

Richard 12:02

Yes. And I speak into Greta's phone. Her microphone

Greta 12:10

He maybe feeling the call.

Richard 12:12

Indeed. I'm already touching apart because I'm standing on her foot, which is an awkward choice, but I guess I've made my choice. I have made contact and so I will follow that. Okay, I might raise your foot if you don't mind. Yes, I've lifted her foot I'm speaking louder. Now as I'm further from the mic. I hold her foot cold it is, and warmen hands, warmen? I'm gonna bend your knee and I'm doing this so that I can get your foot closer to my ears and I might listen to it speak.

Greta 12:41

Yes, he's holding my foot like a phone to his ear.

Richard 12:46

Tis nice. Tis reminiscent of a seashell that I might hear the ocean or does a fine sound the roar of the sea. Let me listen to that smaller voice beneath the waves.

Greta 12:56

Does it speak?

Richard 12:57

Says 'Richard your face, what's warm to the touch, tis like the coals of a fire. Oh yes, I feel like I am the foot of a cowboy who has come in from the plains on an snowy cattle drive. And my frostbitten toes are up against your hot ass face'. Thanks but, I guess. I don't know if you said hotass face or hot ass face but yeah.

Greta 13:29

I can feel his voice box in the tender soul of my foot.

Richard 13:35

Ohhhhhhh,

Greta 13:35

Yes my good foot does vibrate.

Richard 13:38

It is a fine foot. I will kiss it and I will leave it in return to microphone.

Greta 13:43

Okay. Well it says goodbye. Thank you for choosing me it says over pussy you tit and mouth hole.

Guitar strumming 13:52

Richard 14:19

Yes, Yes, yes.

Greta 14:21

I must say the foot that spoke. It feels so much more, you know, unburdened whereas the unlistened to foot, what a tense and troubled little foot that is, you know, I hope later Richard, you listen to my other foot so that I may walk in balance to get the most...

Richard 14:45

Foesn't my doesn't my face and head feel unbalanced. One ear so filled with the dreams of a toe fringed foot and the other ear. Oh, bereft, oh yes with emptiness that cheek still warm having not been cooled by the chilled foot of Greta. So lovely, oh, and lonely. Okay, Greta, I would like to offer you a surprise segment. Okay, I am going to first dim the lights.

Greta 15:20

Oh, this is certainly a surprise.

Richard 15:23

And I'm going to light a candle [Richard lighting a candle].

Greta 15:30

This is nice

Richard 15:31

I wish you to hold this candle.

Greta 15:32

Yes, absolutely. I will

Richard 15:35

Hold this candle in your hand.

Greta 15:36

Yes, I do. I hold the candle in my hands. But hasn't he picked up his guitar?

Richard 15:42

My guitar and my voice are further away than yours because they're not as important. Okay, well, because the surprise segment entails you delivering a bit of your poetry?

Greta 15:54

Oh, yes. Okay.

Richard 15:56

Anything that may come.

Greta 15:57

Oh my, oh my shitting Christ. That was good. Greta. Yes, it will come forth in my own time which, I will take to be my own. Yes. Ooover. Over the river. There's a man who can't fathom how to cross the

river. He looks at sticks and stones and finds bracken, but he can't weave for them to cross. He looks across and he's across the river. Across the river. But why you ask is he wanting to cross the river. What's over there that he needs so badly? It is his....maiden His maiden? She waits crossed the river in her dress of white and legs are splendent. With flowers in her hair and mud on her heels. But he can't cross the river. The flows too fast. He can't build a bridge. He yells and yells in pain. She feels the same. She has no shoes. She enters the river. [Guitar strume] He enters the river. [Guitar strum]. And flow they go! Thank you, Richard.

Richard 18:15

Oh my Christ on the can that was fucking great.

Greta 18:20

Oh thank you, Richard. Thank you. It feels good to do a poem. Thank you for surprising me. Thank you for creating such perfect conditions for the birth.

Richard 18:36

So it's time for product reviews. So got a few products we've tested.

Greta 18:44

Indeed.

Richard 18:45

Sorry to cut it so starkly. Feels like a bitter wake up. I tell you I just feel like I just been dowsed in a bucket of cold water to have to leave. The warm womb of Greta's poetry.

Greta 18:57

Theses products won't review themselves, Richard.

Richard 19:00

They will not.

Greta 19:01

What's on your list? You got one?

Richard 19:03

A wooden toothbrush.

Greta 19:06

Oh, yes, yes.

Richard 19:07

With a natural fibre bristle. You know, and it is every day that I must take up a paste and brush and to have that brush be of wood.

Greta 19:18

I have a product here. I think we should review. It's no ordinary chair. It hangs from the ceiling.

Richard 19:26

I do recall you had quite an emotional response to it. Oh, when you swang.

Greta 19:32

I very much like this swing. I recommend it. We haven't not noticed the pun here in the name of the chair and didn't we wonder, oh yes, what can you do?

Richard 19:44

I must confess my first thoughts were in the variety of how and when will we, how do I put it, I wanted to penetrate. No it sounds awful. Oh God. Dear me. Hold on I'm in hot water.

Greta 20:01

Stay there. It will get less hotter.

Richard 20:03

Oh God, it's a boiling cauldron.

Greta 20:05

Yeah, adjust. You'll like this temperature, just get used to it.

Richard 20:10

Yes. I want to experience a sexual time with Greta in the swinging chair. And it was it was where my engineering mind first went.

Greta 20:22

Draw me a diagram. And talk me through it.

Richard 20:28

I've gone off it to be honest. It seems it's just it's a nice chair. You don't need a fucking every chair you got. Tell that to myself more than you?

Greta 20:30

Oh, okay. This is not for everyone. I don't know what to do, Richard. I don't. I'm gonna go read my book. You know? Yeah, yeah.

Richard 20:53

Okay.

Greta 20:54

I'll read my book.

Richard 20:55

Shit.

Greta 20:56

But you know, after. Fuck in the chair.

Richard 20:59

Oh, my goodness.

Greta 21:02

I reckon if I put my legs holes in the arm. I can get my ass real close to the edge.

Richard 21:10

Holy shit. You've really thought this through.

Greta 21:13

I just thought of this now.

Richard 21:16

That's actually a great idea.

Greta 21:18

That's how to do it. It's going to be fine.

Richard 21:23

I just came.

Greta 21:26

We'll do it tomorrow.

Richard 21:32

Great...Okay, that was product reviews. Oh, sorry. I came. That was weird. Holy shit. Okay. Yeah, should we end up there, or

Greta 21:46

A great place to end it.

Richard 21:47

Goodness gracious. Okay, folks, we're gonna take a break now. So why don't you do the same. I wouldn't jump right into having a conversation with anybody or working on anything that you need to get done today. Or just take some time to process what you've learned. You don't need to just get up to anything at all. Just lie down and say whatever. [Outro music] If you didn't..hi.

Greta 22:33

Good to start, Richard. Take it from there.

Richard 22:35

Fuck yeah. If you've enjoyed Richard and Gretel's podcast, you might also enjoy following us on our social media. Yeah, we're on Twitter @RichardandGreta We're on Instagram, @RichardandGreta.

Greta 22:47

We have a Patreon page 'Richard and Greta' if you want to give us money, we're totally open to that.

Richard 22:52

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

Greta 22:54

Facebook, you know, it's my favourite.

Richard 22:56

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

Greta 23:01

Oh, controversy You know.