33. Seagull

**Richard** 00:00

Gorgeous, gorgeous. One, two gorgeous.

**Greta** 00:03

Hello gorgeous. It is gorgeous.

**Richard** 00:07

That's nice, god you're so nice to share the airwaves with my dear, surfing these waves of the air.

**Greta** 00:16

Are you recording?

**Richard** 00:17

Yeah.

**Greta** 00:18

So, Richard.

**Richard** 00:19

Greta.

**Greta** 00:20

Where are we?

**Richard** 00:22

We are in Droghega, north of Dublin.

**Greta** 00:26

Yes, in Ireland

**Richard** 00:28

In the D Hotel.

**Greta** 00:29

How about that?

**Richard** 00:30

How about that for a name?

**Greta** 00:31

Take me to the D. I want to see the D.

**Richard** 00:35

Can I help you with your D bags? Sir? Yes, please. Thank you. I didn't know they were D bags. Oh, yes. They- all bags in the D hotel become D bags. Why thank you. Oh, what a perk.

**Greta** 00:50

I've got my microphone balanced on two rolled up jean. And a tissue dispenser lid. On top of that is a plastic tissue dispenser. Would you have time for that in life? Would you want to buy a special dispenser for your tissues?

**Richard** 01:06

Yes, I would, I, you know, they come in a box already. But the box is usually-

**Greta** 01:14

It's ugly.

**Richard** 01:15

It's ugly. It's this Kleenex or whatever all over it.

**Greta** 01:17

Yeah

**Richard** 01:18

I like a nice chrome tissue box that, you know kind of reflects me in a funhouse mirror kind of way as I walk by and you know, maybe I'm about to sneeze and I go, "Whoa," my nose expands as I sort of go towards one of the curved corners. "Wah!" and I reach for tissue, and my hand getting larger as it reaches towards the reflective surface.

**Greta** 01:42

Snow white tissue, you know? Unbranded. Where does it come from? Tissue land

**Richard** 01:48

Yeah, I don't know. It's like plucking the white feather from the arse of a fying goose. "Ouch!", it might squeal.

**Greta** 01:54

Oh, thank you, goose. I just need one.

**Richard** 01:57

Sorry. And thank you, Madam.

**Greta** 01:59

Oh, I'm sorry. Can I have another one? I do, actually- Oh, and another one.

**Richard** 02:03

Oh, achoo, a-bless you.

**Greta** 02:06

You know, I'm not a big nose blower. That's the problem. I wouldn't want to waste money on some practice that I disapprove of.

**Richard** 02:14

What do you do, just snort?

**Greta** 02:16

I mean, I- no. No, I'm just a, I'm against it. You know, just a dainty dab of the sleeve you know, and on you go with your day. Let's make it not a whole performance out of this.

**Richard** 02:31

Yes, I prefer the sound of a trombone. You know, I like to announce it.

**Greta** 02:39

Oh, that's gorgeous actually when you do the trombones, like an elephant in the jungle

**Richard** 02:50

[Elephant sound]

**Richard & Greta** 02:50

(Singing) Coming in hot.

**Greta** 02:52

We had a visit from a seagull. I could just hear somebody going "wa-wa-wa-wa-wa". And it sounded so close. I thought he must be in the room.

**Richard & Greta** 03:04

[Seagull sounds]

**Greta** 03:06

It was huge. It was the size of a dog.

**Richard** 03:08

He really was, and then he opened his mouth and big, old, gaping, fish-biter mouth throat.

**Greta** 03:15

Beautiful

**Richard** 03:15

He gave us the full glance down as gullet.

**Greta** 03:19

Full blow job mouth he had there but quite scary, only for the intrepid.

**Richard** 03:25

Yes, spiky old beak beej.

**Greta** 03:27

And that tongue was just like a absolute needle.

**Richard** 03:32

Beak beej, you know, at the D hotel.

**Greta** 03:34

Pretty good.

**Richard** 03:35

So I got one, you know, and it's pretty good. But I'll tell you what, folks, I can't get this fucker off my D so here I go into the world. You know?

**Greta** 03:44

We're keeping him and he's, you know, he's so good for- if you have a cold you know, those feathers are snow white.

**Richard** 03:51

So you know, you can just walk through any flower field. You know, that Seagull choked onto your D pulling out feathers anytime you sneeze? Greta, you're cringing was it "choked onto your D" that made your face-

**Greta** 04:06

No, I really liked beak beej and I really liked everything. But it's it's the animal cruelty, really.

**Richard** 04:12

Oh, no. He likes it.

**Greta** 04:13

I know. I was gonna say he loves it.

**Richard** 04:15

Yeah, no, that's what he's into. This is consensual.

**Greta** 04:17

I mean, you can't get him off now. He's just going at it.

**Richard** 04:21

Yeah, well he can't get me off either. So that's making two of us.

**Greta** 04:24

I mean, this is, yeah, this is-

**Richard** 04:27

I'm just stuck here. I'm sorry that it sounds like animal cruelty it just-

**Greta** 04:30

No, he won't leave.

**Richard** 04:32

He won't get off it.

**Greta** 04:32

He loves you Richard. He loves you. We can't get him off. I mean, I sympathize. You know, I know what that feels like. I've spent days there.

**Richard** 04:42

I have very specific tastes. And it's not that I need them to be fulfilled. But, you know, sometimes to bring me to orgasm. You know, I need a few things on the go.

**Greta** 04:59

Sometimes we have to get the chimes out

**Richard** 05:02

Maybe a sage smudge stick burning around to exercise the demons of 'gasms past.

**Greta** 05:10

Ginger lump in each ear.

**Richard** 05:12

Maybe a foot bath and Diet Coke.

**Greta** 05:15

Yes, he likes the smell of lentils brothing in the kitchen.

**Richard** 05:21

Yes, and a ring of old crones encouraging my seed forth.

**Greta** 05:29

By bubbling brook, the sounds of siren maidens singing away, "Oh, in the riverbank", that one, you know?

**Richard** 05:38

Yes, yes. (Singing) "Oh, on the riverbank, come Richard, come."

**Greta** 05:42

(Singing) Oh, Richard, maidens in the river bank, maidens in the river bank. In the river bank. Maidens, and they're wet. And they're white flowing robes are...

**Richard** 05:43

Oh yes.

**Greta** 05:59

... annointed with water.

**Richard** 06:02

Shit.

**Greta** 06:02

Oh, should we try again later?

**Richard & Greta** 06:04

Okay.

**Richard** 06:07

Welcome to Richard and Greta.

**Greta** 06:09

Richard and Greta, bringing you our podcast, casting our pod into your ears.

**Richard** 06:15

Yes, casting it out like a great line, oh, kerplunk goes the lure into your ear.

**Greta** 06:23

Oh, that heavy lore that does weave its way through the air and plop into that water, right where the fish are.

**Richard** 06:31

Those fish being your brains and ideas.

**Greta** 06:34

Your thoughts. We might fly fish for hours, we might harpoon gun right to the core.

**Richard & Greta** 06:42

(Singing) Richard and Greta, gonna make your lives better, today.

**Richard** 06:52

Would you like to review for me something that we have been doing together for the last week. And that is- you might be hearing some stomach rumbling, which is-

**Greta** 07:04

Right on cue

**Richard** 07:05

RIght on cue.

**Richard** 07:06

We have been on the 8-16 diet plan.

**Greta** 07:10

16-8. 16 hours of fasting, 8 hours of eating chocolate. That's, that's pretty much it.

**Richard** 07:17

Pretty much.

**Greta** 07:18

You got to get your calories in. I find it absolutely challenging, but I have been enjoying the mixture of sobriety at 16 hours of fasting. I have cut out all things. In those 16 hours. I have put water and thoughts. I just drink water and I look at the wall. And I walk up to the edges that I normally knock off with booze. And I read those edges. You know, I'm just experiencing discomfort in a way that I find so comforting right now.

**Richard** 07:57

Yes, the starvation has really added another dimension to our sobriety. We're kind of getting high on restraint.

**Greta** 08:07

On restraint, on zero. I mean, we were just giddy the other night, weren't we. Giggling and you know.

**Richard** 08:14

Lightheaded I think, from hunger.

**Greta** 08:16

Yes. Lightheaded, but was fancy. It was a high, wasn't it?

**Richard** 08:19

It was, yeah.

**Greta** 08:21

Yeah, I had actually a great time. I'm having a great time now. I haven't eaten since yesterday at 5:30.

**Richard** 08:27

And I haven't eaten a- since either. Ever.

**Greta** 08:31

The thing is as a diet for- for me so far. It's not working because I really feel I'm owed during those eating hours.

**Richard** 08:40

Yes.

**Greta** 08:40

So I'm going for full pasta plates, you know, and I'll have a hot chocolate after.

**Richard** 08:46

There's a real panic that sets in of like, I better get all the food of a day in right fuckin now.

**Greta** 08:51

Yeah. You can't sleep until 2 because you're hungry.

**Richard** 08:54

You're hungry. It's a weird, you're full of energy because you're hungry. And I was thinking, you know, I was just philosophising, is this sort of a survival instinct that kicks in? Oh I'm starving to death. Here's a little boost of energy to go out and eat- catch a rabbit or something, you know?

**Greta** 09:10

I know but so energised. I mean, you're- you want to eat a rabbit, but you're also wanting to go at it like a rabbit to procreate before you died, you know, of starvation.

**Richard** 09:20

Yes

**Greta** 09:21

It's just incredible with the combo with having given up the booze.

**Richard** 09:24

It's a lot of restraint.

**Greta** 09:26

"Oh, well what shall I have?"

**Richard** 09:28

Yeah, "Oh, I'll have a water and I'll pace around."

**Greta** 09:31

Yeah. So we came back last night and we're like, "should we have waters on the balcony?", "Sure.", sat on the balcony drinking waters, you know, looking at the seagull.

**Richard** 09:42

Tap, mind you, nothing fancy.

**Greta** 09:43

At the end of the fast it's time to eat. The decision what you're gonna eat, I'm kind of emotional. I'm not that hungry. You know. I walked around the store. I bought a popcorn. I had yoghurt.

**Richard** 09:59

Yes.

**Greta** 09:59

And I just didn't know what I have?

**Richard** 10:00

I know exactly what you're talking about, you know, having been going through the exact same thing. It's a real eat or cry kind of moment. Make a decision on what I can eat or start crying.

**Greta** 10:14

Absolutely. We have yesterday's babaganoush chilling on the balcony and I guess that's for breakfast, but I might cry when I eat it.

**Richard** 10:22

Yes. If the seagull hasn't taken it yet. Oh, nevermind. It's fine. He's on my D.

**Richard & Greta** 10:34

(Singing) Mhm.

**Richard** 10:42

Okay.

**Greta** 10:43

Okay.

**Richard** 10:43

Shall we going to some listener questions?

**Greta** 10:45

Yes. Well, no, you haven't previewed a product.

**Richard** 10:47

Oh, have I not?

**Greta** 10:48

No.

**Richard** 10:48

Oh.

**Greta** 10:49

I'd like you to review the m&m brownies. Funny, it's still on food, mind you.

**Richard** 10:54

Yes, brownie m&ms, folks. You know, I'm sure that they're the devil. This company, and I'm sorry to promote them. But brownie m&ms (his voice breaks).

**Greta** 11:08

He's emotional.

**Richard** 11:10

I'm so hungry. Tastes like a brownie with a candy coating. So good.

**Greta** 11:16

It's like chewy.

**Richard** 11:17

Oh yeah. And at first it was like, "oh, that's just a regular m&m." And then you're like, "wait a minute, am I eating a fuckin' brownie right now out of a bag?"

**Greta** 11:23

And you were eating them whilst watching Top Gun Maverick. Did you- do you want a quick review of that?

**Richard** 11:29

Oh, sure. It's kind of a well known Hollywood fact that, or, it's suggested that Tom Cruise is gay. And-

**Greta** 11:39

God the Scientologists are going to be after us now.

**Richard** 11:41

Yeah, but everybody knows that. Right?

**Greta** 11:43

Yeah.

**Richard** 11:43

That Tom Cruise is apparently gay and is worried that it'll ruin his career if he comes out. I don't think so. Tom.

**Greta** 11:50

The most famous closet on Earth.

**Richard** 11:52

Yeah, him and George Clooney. And he there's a segment that is the most erotic gay, great, splendid, stupid scene, that he's got a pretty tough case to make I think, after that scene.

**Greta** 12:08

Oh, I'm trying to think about what that scene was?

**Richard** 12:10

It's the football on the beach scene.

**Greta** 12:12

Oh, my goodness, yes.

**Richard** 12:14

It is the male equivalent of a bikini carwash.

**Greta** 12:18

It really is.

**Richard** 12:19

It is fantastic.

**Greta** 12:21

Yeah, that really is, that's something.

**Richard** 12:23

It was something else. All these sweaty bods, and they're just having a great old time. It was like propaganda wasn't it?

**Greta** 12:31

Yeah, it was extraordinary.

**Richard** 12:32

It was extraordinary.

**Greta** 12:34

Yeah. That was uh, the opposite of conversion therapy.

**Richard** 12:38

Yeah, it was conversion-to-gay therapy. I came out as gay as Christmas.

**Greta** 12:42

Yeah, me too. As a gay man.

**Richard** 12:45

It was a stupid movie. I enjoyed it. Like all those fast jetss.

**Greta** 12:48

You know, I thought when I stopped- when it started, I thought, "Oh, my goodness, this movie isn't for me", You know, like, I'm gonna have trouble giving a shit and maybe I should go eat a sandwich. But then they were going really fast. And he had to get to number 10. And we were looking at a little count up that was going eight point five, eight point six, and it was faster and fa-. And is he going to make it? Suddenly I was so hooked. I was like, "We got to get to ten", you know? Yes.

**Richard** 13:16

Yes. Can he reach Mach 10?

**Greta** 13:18

Yeah, he reached ten and I came and I had a brownie m&m, we had a great time.

**Richard** 13:23

Yeah, I think we left after that.

**Richard & Greta** 13:24

(Singing) That's so nice. That's nice.

**Greta** 13:29

Would you like to review handling a huge Tupperware bucket of tequila?

**Richard** 13:34

Folks. I, as you know, do tend bar and garden. Tender of bar and tender of gardens am I, and I make pre batches, a pre mixture for a cocktail to speed up the process...

**Greta** 13:52

Yeah, if it's busy.

**Richard** 13:53

... of cocktail making when it's busy.

**Greta** 13:55

Like if I'm there and I'm drinking you know, I want my margaritas fast. You know, like to serve me alone, you got to pre batch.

**Richard** 14:01

Basically, I pour out about a half gallon of tequila into a Tupperware and folks, having not had a drink in three months. It's a big Tupperware, big enough to fit my head. I want to put my head in. And, you know, you ever open your eyes underwater in the ocean and go like, you can't do that it's saltwater. It's gonna bring your eyes. I don't give a shit. I want to put my head in there and open my eyes and go, "Arggghgh", and then just drink it- I want to chug tequila, you know? I want to swim through it and drink it and then just stagger off going, "fuck it, fuck it". And uh, it just sounds so nice. I- I've never had this experience. It's, again, we're back on restraint. I feel like just having a quick pint of whiskey. You know?

**Greta** 14:57

You know, absolutely. I couldn't agree more.

**Richard** 14:59

Knocking it back like Leaving Las Vegas, you know?

**Greta** 15:02

I want to put my head in too, I mean, we had that meditation on 1, 2, 3 glasses of red wine. And I was just gonna drink them all down, lie back and let that feeling come, you know. When meditating on them, I actually experience the pleasure of it. You know? I think I did. And maybe I ended up feeling better than had I drunk it. But that is not, you know, that sounds like a moral thing to say. It- but it just got me through, "1, 2, 3".

**Richard** 15:33

Glasses of glasses. Glassies of wine. Glasses of wine.

**Greta** 15:38

 Thank you, Richard. 1, 2, 3.

**Richard** 15:40

Glasses of wine. Glasses of wine. Glasses of wine.

**Greta** 15:44

Oh, yes.

**Richard** 15:46

Vino tinto. Si si si.

**Greta** 15:48

Oh, pinot grigio, vino tinto, three.

**Richard** 15:52

Glasses of wine.

**Richard & Greta** 15:53

(Singing) Large.

**Greta** 15:59

Richard.

**Richard** 16:00

Yes, I am hungry. Oh, is that not what you're asking? I'm fucking starving.

**Greta** 16:06

Are you?

**Richard** 16:07

Yes

**Greta** 16:07

Beauregard writes in to ask, "Would you describe your perfect beach day?"

**Richard** 16:14

Yes, maybe I've got a towel that's rolled up strapped to my backpack. And I unfurl that, you know, and just change into my thong. Little banana hammock, you know, straight up the crack in the back, a hot pink little number, you know to match the sunburn that's on its way. And I might just lie back, maybe I'll put up a parasol. Or maybe there's a man renting parasols. "Would you like to rent a parasol, Richard?", "Well, what is the cost?", "Uh, a poem will do".

**Greta** 16:47

Oh.

**Richard** 16:47

Oh, you know, and yes, and I will deliver him a poem.

**Greta** 16:50

Just so happens.

**Richard** 16:51

Just so happens.

**Greta** 16:52

Tip of the tongue.

**Richard** 16:52

Tip of the tongue, off it rolls. And uh, you know, give him a little few kind words about his eyes and physique. And, you know, I'll put up a parasol. Tour moi.

**Greta** 16:55

Gorgeous.

**Richard** 16:56

And maybe I'll read a few pages of a fine book. Oh, and perhaps my pink banana hammock becomes engorged. And I am spied by some other beach traveller, who is that walking this way in her Birkenstocks and nothing else? Oh, who is that, in Birkenstock and backpack alone? Isn't that Greta.

**Greta** 17:43

Tis I, Richard.

**Richard** 17:45

Oh, how art thou?

**Greta** 17:46

Oh, how was that banana hammock holding that banana?

**Richard** 17:51

Not very well, not very well. You know. Would you like to give it a little spanking and send it on its way?

**Greta** 18:00

Maidens on the riverbank?

**Richard** 18:05

Oh, god damn it. Yes, yes, yes, yes.

**Richard** 18:07

They're in the river. Sorry, not the river bank.

**Richard** 18:09

Yeah, you like them in the river bank. Knee deep in mud.

**Greta** 18:13

Yeah. Knee deep in mud on the river bank.

**Richard** 18:16

Maidens, maidens.

**Greta** 18:17

Maidens trying to wade through the mud on the river bank.

**Richard** 18:22

Oh.

**Greta** 18:23

Beautiful.

**Richard & Greta** 18:30

(Singing) Yes. (Mhm). Uh huh.

**Richard** 18:30

Greta

**Greta** 18:31

Yeah, Rach- Rachel?

**Richard** 18:33

Well, you know, that's actually so apropos.

**Greta** 18:35

Oh, yeah?

**Richard** 18:36

Because this surprise segment has to do with our names.

**Greta** 18:40

Yes.

**Richard** 18:40

And the names we were given. And the names we might choose to give ourselves, and the names we might choose to give each other.

**Greta** 18:48

Beautiful.

**Richard** 18:48

So I'd like to meditate on this a moment.

**Greta** 18:51

Okay.

**Richard** 18:52

So think of yourself visualize yourself.

**Greta** 18:54

Okay. And to myself.

**Richard** 18:55

Yes. To look inside yourself. Rename yourself a name closer to the essence of who you might be.

**Greta** 19:04

I will think deep into myself and I'm thinking creamy, yogurt. Oh, Greka 5%.

**Richard** 19:14

Yes, and now I shall name myself. Rockhard. Folks, that was just a theme of Richard. I didn't know it's gonna say rock hard.

**Greta** 19:26

Oh, that's lovely. And I think of myself and I think of words on a page and... Gertrude Stein.

**Richard** 19:36

Yes, a beautiful name. And I will name myself, I will think of a movie with Danny Glover and Mel Gibson called Lethal Weapon and I will name myself Mel Gibson.

**Greta** 19:52

Grasshopper.

**Richard** 19:54

Bicycle sales person.

**Greta** 19:57

Okay, let's look at each other now.

**Richard** 19:59

Yes, and so we'll gaze into each other's eyes.

**Greta** 20:01

Yes, with our mouths turned towards microphones, you know, at a right angle like two Simpsons. I look at you Feather Buster.

**Richard** 20:12

I like that, you know sort of a household cleaning unit. Some kind.

**Greta** 20:17

Yes.

**Richard** 20:18

I look to you and I rename thee, Night Maiden of the Day.

**Greta** 20:24

I call you Eat My Shorts.

**Richard** 20:27

I call you, You Got a Deal. I call you I Have a Growling Stomach. Yes, Dappled Peach.

**Greta** 20:39

I look at you and I picture, for I am hungry also, I call you Couscous Salad

**Richard** 20:46

Yes, yes. I call you Aubergine Dream.

**Greta** 20:52

I call you Moroccan Stew.

**Richard** 20:55

Yes, I call you Watermelon Mint and Feta Salad.

**Greta** 21:00

That's a delicious salad.

**Richard** 21:02

It's really good you guys should try it. I am hungry.

**Richard** 21:09

We're going to sing a song at the same time. Yeah, the thing is, we don't know the song and the song has never been sung.

**Greta** 21:17

We're just gonna sing it out of the air?

**Richard** 21:20

Out of the woodwork, yeah.

**Greta** 21:21

Out of reading each other as expressions and face as it comes. As it..

**Richard & Greta** 21:27

(Singing together, slowly) Comes into our mouths, happy days for here again, that is the best for you in my dreams.

**Greta** 22:18

We're so hungry

**Richard** 22:20

We are so hungry, guys.

**Richard & Greta** 22:21

(Singing more) Soup and biscuits and some noodles too.

**Greta** 22:36

You know, what?

**Richard** 22:36

What?

**Greta** 22:36

It's eating time.

**Richard** 22:37

Yes, we're gonna go eat folks because it's been about 18 hours.

**Greta** 22:41

Yeah, we're hitting our hour of eating.

**Richard** 22:43

Holy Jesus Christ.

**Greta** 22:45

Let's run down to breakfast before they close it up. They close it up two minutes ago, but if we run we can get some cold eggs.

**Richard** 22:50

Let's see what we can do.

**Greta** 22:52

And some overly-grilled tomatoes that have just been sitting out there on the buffet all night.

**Richard** 22:56

Yeah, I'm not-

**Greta** 22:58

Wait, wait, maybe there's a croissant left.

**Richard** 23:00

Cry or eat? That's the question folks.

**Greta** 23:03

Okay, let's put your shoes before I eat them.

**Richard & Greta** 23:07

How to get the most (how to get the most), how to get the most (how to get the most), out of your partner.