

Hi - We're trying an autotranscript of the finished episode - and then editing - this below is the autotranscript - and while it's close, it's not perfect - Dr J

21:09:36 Hello and welcome once again to, it is complicated the podcast where we answer every single question with it is complicated, including the title of the podcast, which is, it is complicated.

21:09:47 Hello, once again, Michelle and talk to Jay.

21:09:51 Hello Josefina Michelle How are you and answer time period here since we last talked. We spoke mere days ago.

21:10:04 Depending on when this goes out, Dallas and we may be recording this back to back for you. And as the topic goes on, you will realize why.

21:10:08 Yes, in the last seven days exactly since this recording went out Dr J, I have been extremely well. How have you been pleased to hear that just fade. I also have been extremely well in the insert time period here between recordings, I've had an emotional rollercoaster I don't know about you too but this has been a crazy specific amount of time, since the last recording, and I, it's just, I'm not sure if I'm prepared for the emotional wreck that you have before you've now.

21:10:40 Right now, I'd love for you guys to introduce.

21:10:45 We have to do this podcast.

21:10:47 Maybe I should introduce myself just to make life easy.

21:10:51 Maybe that we get the.

21:10:55 Hey, I'm Dr J, I gave myself the job title happen to have changed because I work at four weeks of bespoke software consultancy that allows people to do things like that.

21:11:04 I also got to give myself the agenda transgressive non binary gender queer because I was lucky enough to be born in a country that allowed me to do a statutory declaration of that to change the gender on my passport which is amazing.

21:11:16 Thank you, New Zealand, I'm also a troublemaker and a hashtag queer nuisance because branding. My name is Michelle Belcher, I am a queer. As of now, which is my favorite thing to say I love to tell people I'm queer, I'm a trans woman, and I eat video

21:11:32 games for breakfast.

21:11:34 Now let me try that again. I'm sorry.

21:11:37 Go for it if you want to but I love, I love it so I still haven't figured out what you do an aspiring Community Manager, and I love working with charities and using video games to raise money for charitable causes.

21:11:51 I'm also just very very big into the retro video game community now, or Michelle's not telling you days that Michelle's been involved with several very large and diverse in that regard.

21:12:03 She's very good at it. And she has many many many fine qualities and credits in particular, you know, I will say that anybody who's looking to hire now Michelle is absolutely fabulous supplier for your company to do that very thing.

21:12:16 Hi, my name is just prepared, I am a scholar activist and artist, I, for many years is to make a spectacle of myself by throwing myself about upon the stage, and I know tend to make a spectacle of myself by drawing, queer people and putting those pictures

21:12:30 on the internet. I also am a lecture on game design at the University of Uppsala in Sweden, and a PhD candidate at the University of Vienna because why do anything.

21:12:43 Simple. I also like to think of myself as a queer with a purpose and a form of international mystery.

21:12:51 I like the fame of international mystery. So, this week we are going to talk about something slightly different, something that's slightly time sensitive for one of our panel, Michelle, would you like to introduce the topic this week.

21:13:03 Yeah, so, voices are complicated. And the last episode I explained that I was recently came out as trans I'm a little over a year out now. And I've been going through and knocking out dysphoria issues like most trans women do when they come out, and the 21:13:19 number one thing for me was facial hair. I've been dealing with that. But number two, and as a performer, that does perform online quite often dysphoria really hit me really hard and unexpected area.

21:13:34 And that has been my voice. I'm not attempting to alter my voice at all right now, but I have done what most trans women do, and that is to just train their voice to sound more feminine and, and I can try that a little bit right now but I'm a little out

21:13:52 of practice and doing that is not comfortable, and I'm inconsistent, and it is painful. And it's just one of those things when I'm talking and thinking and doing charitable causes and being on stage.

21:14:08 I don't want to also have to think about my inflection as much. I don't want to have to think about the pitch I don't want to think about all these things that I'm now having to think about that overcomplicate thinking and talking that I am decided to

21:14:23 go the surgical route. So the next time you'll hear me, I will have by that point had vocal feminization surgery, and what they're going to be doing is doing a surgery that will affect my pitch.

21:14:38 More than anything, they're still like practice they're still like how do you sound more feminine, and while those things are all good and I will be going through those things.

21:14:47 What I'm most concerned about is the pitch, because to be able to do it on your own with practice requires you to be able to hear yourself, and as someone who is partially deaf, I struggle with that quite a bit.

21:15:03 And, like I can record myself I can do whatever, but I am experiencing a massive amount of dysphoria when I see anyone that doesn't know who I am and I speak and I'm just like instantly clocked.

21:15:20 And I guess, really I think the best place to start on like the discussion I guess would be the fact of.

21:15:27 Why would you do it. So, I don't like the idea of getting a surgery to make people comfortable.

21:15:34 So I debated this surgery for years before I even came out as trans person.

21:15:40 And I was just like, is that something I would want.

21:15:44 And going back and forth, arguing with myself over the fact of like in a perfect world, I shouldn't have to do this I should be able to speak with this deep voice that I naturally am born with and that shouldn't be, boom, that's a masculine voice.

21:15:59 But that's not the world I live in the world I live in, and the world I have to live in.

21:16:05 That is going to clock me every time that is going to.

21:16:10 That's going to divert from what I'm saying.

21:16:13 And then focus on like anything else than what I'm saying, and I want my words to matter, based on the words, not how they sound so much.

21:16:24 So I've decided that for my comfort and for my well being and to not have to fight this fight my whole life for the rest of my life. I'm going to go through this for myself.

21:16:37 I mean, personally I think it's a really interesting question that I've had to go through myself because I have had certain medical.

21:16:47 I don't even know what the word is for it anymore because it was like, medical interventions. It wasn't an intervention. It was a medical procedure or that sounds really clinical, I did a medical thing that I wanted for myself, but I had the exact same

21:17:02 dialogue with myself about who am I doing this for.

21:17:07 Why am I doing this, because of course there is that aspect of like, Am I doing this in order to make people more comfortable around me who shouldn't be afforded that boring the word cohort from a friend Sabina again, this cohort that just put me in this

21:17:23 position of feeling vulnerable ally doing it for them. And that feels really really not the right reason to do something, however, just like Michelle said, We live in a world where we have to survive.

21:17:36 To not account for that is actually self defeating, but at the same time, like, do I need this to define who I am, I guess I'm curious for you, Michelle.

21:17:46 When I made my choices for the procedures that I went in for one of a better word, maybe we try to think of a better word, but for the actions that I chose.

21:17:56 I chose them in the end for a combination of they reflected who I was an outward format, that would be recognizable to the majority of people who weren't just this but to other people as well, that would present something that I felt inherently true to

21:18:13 myself. And in that sense, I'm really comfortable. I don't hide my chances I certainly don't hide my history. The funny thing with voice specifically is that I consider to to I was actually offered that surgery, here in Sweden.

21:18:26 Very lucky actually here in Sweden because I would have been able to do it on the National Health Service, because they offer as part of that.

21:18:34 The doctor I met, we discussed a lot. And in the end I chose not to, for some very specific reasons, one of which happens to be that fe who I'm living with my partner.

21:18:50 She has a hearing impairment, which means that she can't hear on certain registers, she can hear me much better.

21:18:53 If I retain the residents.

21:18:54 And I've been doing the speech therapy where it was like the way to make my voice read as more feminine, is to reduce the resonance and raise the pitch, I'm able to physically raise the pitch and reduce the residence, without too much effort, and it's

21:19:08 partly because of the acting I used to do partly because I was able to work on it the way I was so it wasn't painful for me although his effort, but I found that the person I was talking to the majority of my day could no longer hear me.

21:19:22 That's a good reason to make a choice I was like okay, I have a choice.

21:19:37 And I am really tired of getting this, I ended today someone rang and said, Hi is this Josephine, Yes.

21:19:43 Is this Josephine.

21:19:46 Yes it is.

21:19:48 I'm looking for Josephine I'm like, I too am looking for too sweet who is there's really, it is a high you speak to me speak on to me, and then give me time, because this is really busy.

21:20:00 It's just that thing of like the choice I made was actually because I wanted to be heard, like you said, in a way. Now, for me, that was my choice but it was a strategic one, as was many of my decisions.

21:20:15 However, they do reflect an inner self that I'm comfortable with. So I'm wondering, Is that part of what your decision is here, is it also sort of like social to be recognized for the person you are.

21:20:27 It's really funny that you mentioned like to make it a reflection of yourself because that this has been the biggest part of my debate with it. I'm making it who I want to be.

21:20:38 I don't know who that is yet, I haven't met her yet. Interesting. Oh, that's wonderful.

21:20:42 The problem is this voice defines who I was. More than anything, because who I was. I love him, and I loved to bounce Enos and the playfulness and the performance that he was capable of doing.

21:21:01 But that's not me now.

21:21:04 And this is like the last remnants of that person that I don't know what I'm going to become. And that's the hard part.

21:21:15 So, I am giving up things to be who I want to be and that's how I see it. Because I don't know what inflections what sound. What cadence, I'm pretty sure my cadence is going to change to to my sound because of.

21:21:38 Now I can sound this way. So now I can talk this way.

21:21:42 Whereas, currently, my speech patterns are just like how I've always been with like a southern sis white man. And I know how to communicate in that way.

21:21:55 When you can't perform the voice. It's just like, performing my gender is easy for me and always but my voice, right now.

21:22:06 Everything else comes naturally to me. But when I hear myself. I don't hear her.

21:22:14 And at this point it's my strongest point of dysphoria. I don't know how to even attack it without this help. There's a lot of negativity towards these surgeries because so many people are just like Well, I was able to get by it.

21:22:31 You shouldn't have to need this and I'm like, well that's great. Congratulations for you and a lot of trans women are able to do that and that's amazing.

21:22:40 But there are, I want to say like a good percentage of us who are like me have like either disabilities, or they're just physically can't like there's muscles, some of us don't know how to use.

21:22:55 And that's something I've been very vocal about it's like this is an acceptable surgery.

21:23:00 I like your attitude towards it. I mean as somebody who grew up with a stutter has had to go through a lot of speech therapy. I've talked about how I don't like my voice that batch, and how I relate to my voice, and also being tone deaf hearing the pitch

21:23:16 of my own voice is really difficult, hearing, whether or not it's higher low is actually really hard for me to do. So I have no sense of what it sounds like.

21:23:27 But also I get so full of hay fever and Esmer that my voice will squeak and squawk and not sound like me on some of the recordings I know that on some of the recordings, you can hear a lot more of the struggle that I'm having to make sounds also growing

21:23:43 up with that with a stutter you're focusing so hard sometimes, you know what you want to say and it's trying to get everything to line up and keep yourself relaxed enough to say something because minds and anxiety stutter.

21:23:58 So the more tense I get the more I will stutter. People don't realize how much it disrupts being able to communicate. When you have to focus on making the sound out of your mouth whole come out right and you have to focus on your breath.

21:24:14 But it's not just your breath because for me to get my breathing right, it's about keeping myself calm enough, and it's about ensuring that while I'm excited and I want to talk really fast.

21:24:26 It's about slowing things down. Because if I run out of breath.

21:24:30 I'm going to start to stutter. So it's all of these things that you're constantly playing with. And it's that extra layer of thinking and it's like being closeted in an environment, we've got to double and triple think everything that you say it's almost

21:24:43 at that level but I said that bodily level.

21:24:47 So I totally respect that you want to be yourself.

21:24:54 And this is a way of you doing it without having to constantly double or triple think every time you start talking. For me, I know that I'm going to need assistance for this.

21:25:07 I've spent about a decade, trying to perfect my feminine voice. This is something that a lot of trans women actually go through and experience, especially with playing video games online with other people.

21:25:20 And I'm kind of dating myself but when Xbox Live first came out and talking to people online over console's was a brand new thing. It was kind of amazing, because at the time they had things that affected your voice.

21:25:35 They had like voice effects, and one of them was a voice to make you sound, feminine.

21:25:42 They don't have this service anymore this is not something they do anymore, but they had it at the very beginning they had one that make you sound like a robot to and other weird squeaky funny voices, but there was this one that was very useful to me,

21:25:56 and it was my very first moment of ever exploring myself vocally as a woman, once I got into the right crowd and the right group, I've got to explore that and a lot of people never knew that I was actually assessment at home, and that was my original

21:26:15 exploration with both being a trans woman, and exploring my voice. And once I had that one layer gone.

21:26:24 I was able to explore it so thoroughly that I do kind of have an idea of how I might sound, but I don't know how that's going to entail and real life.

21:26:49 I'm fascinated in the idea of that transformative element of waking up, and then two weeks time you've got these new sounds.

21:26:59 Because this part of me that goes, how would that feel to suddenly have a whole different voice. And how would that feel to make sounds that sounds so different from what it was before, because that really learning how to walk.

21:27:12 Yeah, which I've had to do, and it's difficult to teach your body, new things. There's a lot of curiosity that I think next time I'm going to go to how was it, how did it go, how did it sound like and I'll just be like bouncing all over you, but also.

21:27:28 I'm so tone deaf, I'm probably not gonna be able to tell much difference between your voice. The things are so subjective.

21:27:36 And what really disturbs me is of course the ways in which people can apply their own subjective understanding of that to other people so they'll say, Well, I can do this and feel comfortable so you shouldn't have to do this thing so when I'm really sorry

21:27:49 Michelle that you've had people say that unfortunately I can understand that they have said that to you because I've seen it before, is that they'll say, Oh, you don't need to have the surgery because I'm comfortable and it's like yeah good for you your

21:27:59 subjective experience is that, that's why you have a subjectivity my subjective experience requires something else, especially when it's combined with my other intersection or needs.

21:28:10 So, for example, like myself, says the needing to be able to reflect on your voice requires a certain hearing capacity that Michelle doesn't have, but that means that we can't have an overarching judgment upon I have anyone doing this in order to change

21:28:25 the way that they speak, partly because that's your damn choice and you get to make it. Secondly, I certainly understand it and I've been there and made the same consideration slightly different choice in the end, but for other reasons.

21:28:39 And I think it's perfectly viable invalid. And I really hope it gives you the experience that you want Michelle. I really appreciate you being able to speak about this as openly as you do, because it allows me to reflect on my experience, J.

21:28:51 Sounds like that it's allowed you to reflect on it and they're really interesting as well.

21:28:55 And I hope that for the listener, it does that, too.

21:28:58 And I would apply that to any number of different actions that trans people may or may not take in order to express themselves and their subjectivity in their own ways.

21:29:10 I, for instance, took the decision to take hormones and to undergo certain surgeries to express myself that I did this relatively late in my trans experience.

21:29:18 I came out, as I said in the previous episode in the early 2000s, and I only did those medical actions to try to think of a good word gender celebrating medically Related Actions.

21:29:32 Yeah, that'd be an acronym there somewhere right, Jen.

21:29:40 Yes, that when I did those, but only a couple years ago, at a time I could access them in the way that I wanted to.

21:29:48 And I definitely have had people say oh but why are you doing this because you're affecting your body you're doing this who you doing it for like, fuck it I've had 20 years to think about this more than that I've had to think about, but yeah they're subjective

21:30:00 right there for a lot of reasons, and some of that might be. Yeah, to get by in a life where you need to be able to read a certain way sometimes, but also you want to hear yourself.

21:30:12 The way you would recognize it.

21:30:14 just been you know I've been streaming for like 10 years, and I was doing it both on a private, and professional manner, and the dysphoria that hit me.

21:30:26 When I tried presenting as female, but using my old present presentation voice was this massive tidal wave of emotion that I am still trying to dig myself out from under.

21:30:44 And it hit me so hard. I've streams maybe what like a handful of times, personally since then, and this is something I love to do. This is an activity that makes me so happy.

21:30:57 And being able to do that again, while feeling like myself again, is something I crave so much that I'm willing to throw \$10,000 at this and spend half a year recovering from to become that person.

21:31:13 If something requires that much commitment and without hesitation you take the choice to do it, I can't imagine anyone being like, Well, are you sure like to sing so ludicrous right when someone says to you, this is the thing we talked about on the last

21:31:30 episode where you sort of hear these arguments of like oh transit this fad, because lots of people are coming out as trans all of a sudden they're coming out because it's, it's finally safer to do that.

21:31:47 But don't say like oh it's a fad and. You sure have you thought about it was like.

21:31:50 Do you have any idea how hard this idea of how much work money effort, is take.

Dear God, they may be cultural conversations to be had about why we might feel the need to be read a certain way and what signals we send.

21:32:05 But there is also a conversation to be had about bodily autonomy. And there's a reason why anti trans and misogynistic arguments tend to come together, that they are so similar.

21:32:18 That's why you see people who being anti trans who are also entities.

21:32:23 These are complicated questions that we almost always have to answer
Personally, I really appreciate the opportunity to have that conversation with you.

21:32:35 So thank you so much for this Michelle I'm really also looking forward to the
episode that will follow and Delisa we will have Michelle back, I get the impression Michelle
will be back at least at least for the one with my new voice, we have to have a
21:32:43 for the one with my new voice, we have to have a before and after. So, supposedly
after about six months, I will be about 80% recovered day do you say it'll be about a one
year full recovery time, but at six months I will be able to talk as much as I
21:32:57 want to talk. So, it will take some time. And I'm very lucky with the surgeon that I
have that they are working with me with a local speech therapist, and I'm very lucky that they
were able to work with me I just lost my job recently but I have insurance
21:33:13 through till April, so they were able to fast track my surgery, so that it would be
covered. I'm very lucky in so many many many regards and that I'm I don't want to shout her
out because he donated anonymous but I have a very special person who donated
21:33:29 \$4,000, that is making it completely possible for me to do this, and he's an amazing
trans woman that I have befriended, and I'm very very very happy for her and everything that
she does for not just me but so many trans people on the internet now, and
21:33:46 I can't tell you how many blessings I have when it comes to this regard. So, I'm
extremely lucky and that is the thing that I keep in mind with all of this that while yes I'm, I'm
depressed, from the sadness of losing a part of myself.

21:34:02 And I'm depressed about the fight I have up ahead with learning who I am and
learning my new relationships with the people I love, and how they will interact with me
differently now, but I can't think of any other way to go about this.

21:34:18 So, staying like this indefinitely at least. I don't know if I could survive it.

21:34:27 So, well, I've definitely made a choice. It's also feels like, just like becoming trans.

21:34:33 Do the choice was made for me. So it's just who I am. I think we should celebrate
the you that's got you here. We should celebrate this amazing person who's also realizing
that that change is huge, but it's celebrating the you that got you through the
21:34:48 you that got you to this point that you then has also sat down and made this
decision that has made the decision to change, because that's a huge thing I've not had any
voluntary surgery around my body or my gender in any way, the small stuff I needed
21:35:07 to change was the stuff that I need to change I didn't need to follow any trends
Nativity path I didn't need to fit into a particular narrative, to feel like me, and to be able to be
me some of it was about changing how I thought about the at 25 I had
21:35:24 a massive operation on my face to stop my nose for growing Shutterstock my
sinuses, and that slowly has changed my voice. I can breathe now through my nose, which
changes how you can talk which changes some of how you can move your voice around a
little
21:35:41 bit, because I'm trying diff. I can't really hear the external changes in my voice. I
know that from the inside some stuff has become a lot easier. And it's a lot easier now to be
loud it's lot easier now to be a little bit more resonant than I used to
21:35:57 be, but it's still,

21:36:02 you end up having to celebrate the you that got you here, and looking forward to
where that journey is going to take you and what you sound like. Will my voice changed my
personality, so much that I sound differently.

21:36:17 And I'm curious about that effect, I'm not there yet I don't know how that will be.
And will you hear that change. Oh that's that's a different thing.

21:36:26 We're using our voices to talk about our voices. And it's very meta, and I was just like, this is the way to do this like when I talked to just been on Twitter I was just like, I told her about the idea and also Hey, you have a podcast, why don't we talk

21:36:39 about this on our podcast because we're going to be using our voices to talk about voices and it just was like, it felt perfect to me so I really appreciate you guys, inviting me on to this show and allowing me to do this.

21:36:51 So it means a lot and I appreciate it.

21:36:53 It's an absolute pleasure a movie fun for me is when I get to edit it, because that I've listened to my own voice listening to your voice talking about our voices and then my brain explodes.

21:37:04 Hopefully the, the episode you've just listened to do list or make some sense. I feel like we're coming to a point where it says, To be continued.

21:37:18 Momentum which I'm really excited for I'm really looking forward to hearing what comes next for you, Michelle, and some of these questions are really fascinating and I want to return to them because I have thoughts on them as well.

21:37:29 But for now, is it a good time to wrap up this part of the conversation, but for next time.

21:37:32 When you return, Michelle with your voice, the way that it may become. Would you like to discuss the life and times and good works of one calories and how breathtaking here, I will always, always, always love to talk about Keanu Reeves, and his breath

21:37:54 taking ass.

21:37:57 He can walk away from me all day.

21:38:02 And specifically, when he is zooming past me on a motorcycle with a giant explosion from behind him.

21:38:10 I'm not looking back exactly never looks back you can't like why went to the back of an explosion. Sorry I love everything he's ever been in.

21:38:19 I don't think I've ever seen a movie with calories and it died disliked, including Parenthood.

21:38:25 So I haven't seen it so there's that. This is like me being unaware of there being two extra matrix movies.

21:38:33 No, I'm actually never heard of this I don't know what you're talking about. Jerry very early caddy raves he played a stoner character in Parenthood, but now she's comedy.

21:38:47 But he was still breathtaking. Oh, absolutely. I'm not saying that I'm not saying that he was bad I was just like, it's well before My Own Private Idaho and some of his beta movies, well before he shot to the top of the action shots on speed and things

21:38:58 like that. When you mentioned stoner Keanu, I have to mention bill and Ted.

21:39:04 that. When you mentioned stoner Keanu, I have to mention bill and Ted. I mean, that was my first introduction to Keanu. So, I will always always always love that role. Point Break for me and killing Ted. Point Break.

21:39:16 I've seen I'm going to come across this the ultimate pretentious queer film nerd of like, My Own Private Idaho.

21:39:24 Then you have missed out on the quintessential killer read see we don't have to talk about it next week we'll talk about it right now.

21:39:30 Johnny mnemonic.

21:39:32 Yeah, I've never seen it I've never seen it.

21:39:37 I know, I know I'm going to go fix that one. No. Not tonight because I need to have dinner, and so that should out because I'm starving. No matter how breathtaking Keanu Reeves is I still haven't seen it yet it's still my favorite cyberpunk movie, you

21:39:51 know you just watch that movie you will be nourished, then he will take my breath away I'm sure there is another actor who also does his own stunts who's also involved in a large number of iconic movies but I don't see Tom Cruise in the same realm as

21:40:09 I see Keanu Reeves know good totally different thing. Know Johnny mnemonic green boy versus creepy boy.

21:40:18 One of them is breathtaking. No, Johnny mnemonic crap.

21:40:25 It's a nerdy movie.

21:40:27 And the best part of it is, is the, the ending.

21:40:31 I guarantee that you will not see it coming. There is absolutely no way, you will predict the end. Okay, it's so campy. I will watch it, but I will also say, I've only recently within the last within that period of time that is locked down discovered

21:40:47 john wick.

21:40:49 Okay, so I am I am so far behind. I'm so far behind the curve here. I didn't even know that he was in cyberpunk until I watched a YouTube thing so Johnny mnemonic is what cyberpunk should have been.

21:41:01 And if cyberpunk it ended the way Johnny mnemonic ended. It might have been saved, Johnny mnemonic gave me my first feelings towards a man. I couldn't stop I'll leave it at that and that was also in the original matrix was the first time I openly said

21:41:15 something about it towards my mother, because he was just like, we're going to go see the matrix and I'm just gonna look at eye candy and I was like he's I can do for lots of people.

21:41:25 Oh, the other candy raves that I'm tightly therefore is him and Dangerous Liaisons despite basically playing the stoner boy in 16th 17th century costume galleries in any costume drama of any kind, is just shift kiss carriers and Dracula by God.

21:41:50 That movie so much. Oh my god it's super, I love writer and that one too. but yes.

21:41:52 For me devil's advocate, because he's a saint devil's advocate. I've never seen this so much county that I have to see. I know I blow your minds, but he is breathtaking.

21:42:07 I do completely understand. I'm just. This is the different era, kinda where the paths cross because truly steroids and that one to

21:42:20 that one. I still haven't watched atomic blonde by the way which blows people's mind.

21:42:26 The best part is, we're not casting any aspersions in fact I'm more excited for you to get to see these sorts of the first time exactly devil's advocate contains canneries Shirley's there on end.

21:42:39 Al Pacino in the most Al Pacino role you have ever seen a patina Alba to something else to witness. Does he completely demolish the scenery. Every time he literally.

21:42:57 We need to do this the next time we get together, next, next, sorry, this was going to be very Macbeth. Next time we three shall meet.

21:43:10 does what we need to do is we need to we need to record commentary tracks.

21:43:15 You sounded so granny with the wax there on many dogs. I'm not sure. See I'm an actor.

21:43:25 All right, look, we have to we have to go eat. We do. Thank you so much everyone for listening. If you're still here. I, we love you dearly, and we will be talking about calories ad nauseum, literally, and Michelle, we wish you the best of luck.

21:43:39 We're really excited to have you back as soon as you can on the podcast, welcome back anytime. This is an absolute joy. Thank you all for listening, please go check out our patreon.