

Ep316 Check out these creatives

[00:00:00] **Vicky:** [00:00:00] Hello, and welcome to notes in the margin. Oh yes. We've finally changed the name so that what. What do you mean? What, what, well, because my email newsletter, which you can sign up at, by going to, which you can sign up to, by going to <https://moxiebooks.co.uk/notes-in-the-margin> . And I think there's like hyphens between those words.

Um, but yeah, well, that's my, that's my thing. It's Notes in the Margin

Joe: [00:00:30] Notes in the Margin

Vicky: [00:00:30] . Yeah. And so like the 1,000 Authors show made sense for a bit, but honestly it doesn't anymore.

Joe: [00:00:36] Blimey, okay.

Vicky: [00:00:36] I'm tying it altogether. So yeah, I am Vicky Quinn Fraser, and this is my husband, Joe.

Joe: [00:00:42] Hello. Um, we're gonna need to work on the intro.

Vicky: [00:00:46] Well, I mean, to be fair, we need to like work on all of it.

Joe: [00:00:50] Yeah. You'd think after 300 odd episodes, we'd be all right at this.

Vicky: [00:00:53] This is episode 316.

Joe: [00:00:56] It's ridiculous.

Vicky: [00:00:58] 316

Joe: [00:00:59] I mean, is

it though if you [00:01:00] change the title, do you not go back to one? No. Okay.

Vicky: [00:01:05] no, absolutely not. Because otherwise I'd have to, like, I've got no, there's all sorts of like SEO stuff.

And, um, like people who've subscribed to it. If I, if I change it to a brand new podcast, then I lose all of that. That'll be ridiculous. It's like the reason that you never get rid of old, like blog post and things. Yeah, because they're indexed and they get traffic.

Joe: [00:01:26] And so people who've subscribed, you know?

Hello. Hello. They, they stay subscribed. Even if you change the name. Okay.

Vicky: [00:01:35] Yeah, cuz the kind of, all of the, the feeds stay the same. I don't know how it works. Podfly sort it out. Cause they're clever

Joe: [00:01:40]

Thanks Podfly Do they know?

Vicky: [00:01:44] Yes, they do know yes. actually, we need to record a new, um, by the people might be listening to this and be like, no, you don't, you've done it.

Um, but we need to record a new intro, like little bit of speaky, speaky, speaky stuff at the beginning. Cool. Um, I, I might just do that myself.

Joe: [00:01:59] Who did it [00:02:00] before?

Vicky: [00:02:00] You did it.

Okay. But you put on this radio voice and, um, I mean, you did a lovely job and everything, but I wanted you to do it because I wanted you to sound like you.

But when you did it, you read it very, very carefully and you didn't really sound like you anymore.

Joe: [00:02:12] you could have asked me to do it again with a bit more like

Vicky: [00:02:15] I know, but I just wanted, I just wanted it done. Okay. And it was good. Enough

Joe: [00:02:18] was good enough for 150 episodes.

move on.

Vicky: [00:02:23] Yeah. So no, no, it was great. It was great. Oh no, now I feel bad.

Joe: [00:02:27] Yeah. If I'd known it was rubbish. I would've known again.

Vicky: [00:02:30] No. I said, oh my God, it wasn't rubbish. It was not rubbish. Did I say where points? Point to where I said it was rubbish. Mm don't hear what I'm not saying. Well, you are hearing what I'm not saying.

Joe: [00:02:41] I am.

Vicky: [00:02:41] Yes. Okay. So, uh, what you reading.

Joe: [00:02:44] Oh God. Um, I'm reading, uh, the Thursday murder club by Richard Osman and I'm reading it mostly because I was abroad last week. Um,

Vicky: [00:02:54] Denmark, the most expensive place in the world,

Joe: [00:02:57] Denmark really expensive doing engineeringy things. [00:03:00] And, um, I finished the book I was reading, which was the dictionary of lost words.

Yeah. Which was great. Yes. Um, but I needed a book, so I had to buy a book and I bought

an airport book and it's kind of. Cozy murder, mystery type stuff.

Vicky: [00:03:16] Is it really good? You said it was good.

Joe: [00:03:17] Yeah. It's, it's very light. It's entertaining and it's nice, but it's quite light.

Vicky: [00:03:21] Okay. Well that's good.

Joe: [00:03:22] That's fine.

Vicky: [00:03:22] It's good. Um, cool.

Joe: [00:03:24] What are you reading?

Vicky: [00:03:25] I'm reading around India in 80 trains by Monisha Rajesh. Okay. Because I loved around the world in 80 trains and, um, around India in 80 trains is her first book. So I was like, oh, I'm gonna go back and read the first one. And it's making me really want to visit.

India. Really makes me want to visit India. Um, she just writes beautifully about, and just like really, she just does a really good job of describing what it's like. And, um, I just, it just makes wanna go. So, and she's, she's very funny and yeah, she's just great. And the one thing that I think she could add, and this is [00:04:00] something that you said, um, um, frustrated you a little bit was that the beginning of each chapter could do with a little map of where the train was going because India is

fricking massive.

Joe: [00:04:11] Um, yeah, one place I've never heard of. Yeah. Starting in one place I've never heard of and going to a place I've never heard of yeah. Is difficult to,

conceptualize that.

Vicky: [00:04:18] Yeah. She does have a map right. At the beginning with, um, numbers on it for like all of the trains that they took, which is great.

Um, but there was quite a lot backwards, so it wasn't just like. In a big loop around India, it's quite a lot backwards and forwards. Um, and I think you're right. I think it would be really lovely to have. Um, and you know, she wouldn't have had much control over any of this cuz the publishers decide what they're gonna do, but it would've been really great for at the beginning of each chapter.

Cause I think each chapter was a train or a couple of trains per chapter. Yeah. Um, And it would've been really cool to have had that bit of the map there, just so that you could get a bit more of a sense of where

Joe: [00:04:53] whereabouts you are.

Vicky: [00:04:54] Yeah. And also how big it is as well, because like one of the trains was like

a 48 hour train journey and it's like [00:05:00] 2000 kilometers and it's like, and that's only a portion of India and it's like, whoa, it's just massive.

It's a massive place. And yeah. So cool. And she also does a really good job of. Really giving a sense of how different all of the different areas are, because I think we tend to in the west, we tend to be like, oh, India is a place, it's like, it's not, it's like a dozen places it's in, in the same way that.

You know, it in England is, is part one part of the UK. And then you've got Scotland and Wales and Ireland, which are all Northern Ireland and then Ireland, which is kind of joined on, which is all very,

Joe: [00:05:34] all separate stuff.

Vicky: [00:05:34] Yeah. All separate stuff. And so, yeah, it's just for, it's just great. I really enjoy it.

Um, I'm also reading good pop, bad pop by Jarvis Cocker. Okay. Which is so great. So Jarvis Cocker for those who don't know, um, is the front man for pulp, um, indie pop band from my teenage years. Um, and Jarvis now does all sorts of other things. He does makes music on his own now and does radio broadcasting.

And

Joe: [00:05:57] yeah, he's a bit of, a bit of a [00:06:00] intellectual he's just chap about town. Isn't he?

Vicky: [00:06:02] I just love him. Um, so pulp were, were one of my favorite bands. A teenager. I had like a handful of bands that I would just listen to pulp blur all the time. Pulp. Okay. Uh, Blur were great, but pulp, I just loved pulp because I loved Jarvis's awkwardness and weirdness and blur were awesome, but they were always a little bit cool.

Joe: [00:06:21] They were quite cool. Yeah.

Vicky: [00:06:21] Um, and pulp are just, they're just weird and quirky and that's kind of what this book is about, it's a memoir, I've got the hard back. It's beautiful. Um, and it's just beautifully designed as well. So the premise behind it is good pop, bad pop an inventory. Um, I can't remember exactly what the subtitle is, but it's, it's an inventory and he started clearing out his loft mm-hmm and that's what prompted him to write the book

Joe: [00:06:48] Just finding things

and reuniting memories.

Vicky: [00:06:50] Yeah. And so he found like his notebooks from school, which is where he first started writing about that's where he came up with the band name, pulp and all of the branding before he ever. Started writing [00:07:00] music and, and just, you know, how they fit, wrote their first songs and how they did it's. It is basically a treatise on creativity and his

creative process.

And it's incredibly generous in that respect and also really fascinating and funny and valuable and just interesting. And it's just like, and I love the premise of writing a memoir based on shit you find in your attic and what that means to your life. And it's just a really cuz a memoir. this might turn into an entirely different podcast episode now.

but, um, like a me, people get memoir and autobiography mixed up, or I think they don't always know the difference. Um, and so autobiography is like, you might have an autobiography of Henry VII and it's like his life from birth to death.

Joe: [00:07:41] Um, wouldn't that be a biography biography, autobiography, unless you, yeah, unless you

Vicky: [00:07:46] a biography.

Um, so, or an autobiography.

Joe: [00:07:49] I mean, maybe he wrote one. I dunno.

Vicky: [00:07:50] I dunno. Probably not. He's too busy getting drunk and chopping women's heads off. I think, um, but yeah, so a biography or an autobiography is like [00:08:00] your life from birth to death. And it's, you know, only a very few people can get away with that because, um, most people

Joe: [00:08:06] you've gotta be quite interesting for quite a long.

Yeah, for a sustained period.

Vicky: [00:08:09] Yeah. So there's like biographies of various famous people and, and, you know, big figures in history and that's fine. Um, but a memoir is different and so there's one bio one autobiography, cause that's your life, but you can have. Dozen memoirs. So you could have a memoir from your university, years, or a memoir from your childhood or a memoir from your career or a memoir from yes and no.

So yes, you, you could, but, um, a memoir is more like, um, your life, but with a theme to it. And so Jarvis Cockers, um, theme is his journey to pulp and his musical journey and his creative journey based on the things that he is found by his attic and jogging his memory and that kind of thing. so he's missed out like tons of his life, you know, tons, tons, and tons of it.

And his main theme is what did I wanna do with this? I wanted to share my creative journey and my creative process and how am I gonna [00:09:00] do it? I'm gonna do it by the vehicle of stuff that I found in my loft. Um, so a memoir is a telling of part of your story. Um, but with a theme and it's, it doesn't have to be, doesn't have to be like, literally true as in, I think, I can't remember the exact quote now, but the way I like to think of it is that you are.

You're digging out a truth, a truth about something without necessarily telling all of the

details of the truth. So you don't have to repeat conversations, word for word. And like quite often, people who write memoirs will have their friends and family be like, well, I didn't say that. That's not exactly how it happened.

And it's like, but that's fine.

Joe: [00:09:34] It's not really important. Essence. Yeah.

Vicky: [00:09:36] It's the essence of the truth that you're trying to get at that is important. And so it's almost like a fictionalized true story. Um, if that makes sense. Anyway, so, but I also really love good pop, bad pop, because it's beautifully illustrated as well.

And the pages are really nicely designed. And so some of the page, like he's got like sections that are like, oh, I'm gonna talk about this particular thing here. And all the pages are red for example. Okay. Um, and so it's [00:10:00] just like interesting. It's it's not just like, oh, this is how a book should be. And the other thing I like about it is he never writes out the word and he always uses an ampersand.

Okay. And, and it is just like, it's just one of his quirks and it's just like, no, this is. How I write and therefore, this is how it's gonna be in the book. And so, and this is another thing to note, by the way about traditional publishing, Jarvis Cocker can do that with traditional publishers because he is Jarvis Cocker.

And I would, I will bet anything that he got a bit of pushback against that. And they would be like, oh, you can't do that. Cuz you know, you got to write it out in full. I would not get away with that with the traditional publisher, they would be like, absolutely not. Yeah. Um, but self-publishing my own book. I can do whatever the hell I like.

So that is something to just bear in mind if you're thinking of publishing traditional publishing, blah, blah. um, and I know that there are fairly big names in the marketing industry who have traditionally published a book and now regret it. Okay, well, not so much, not so much regret it. They don't necessarily regret it, but they wouldn't do it again.

Hmm. Because of the loss of control. Anyway. [00:11:00] So, um, that was a little bit of a diversion.

Joe: [00:11:03] It was, wasn't it? What were we talking about today?

Vicky: [00:11:05] Well, I dunno. I feel like that could be a whole episode.

Joe: [00:11:07] We don't, it could be. We need to talk about the Dingle what's going on.

Vicky: [00:11:10] We do. Oh my gosh. Um, well I turned an old piece of dark wooden sideboard into a beautifully chalk painted, um, bathroom vanity unit, ready to mount sinks onto,

Joe: [00:11:20] yeah.

We need to give it a bit of varnish and change some knobs, but, uh, it looks nice.

Vicky: [00:11:24] It does thanks. Um, and we've got plastered walls in the bathroom and ceiling and it looks amazing

Joe: [00:11:31] the ongoing saga of the bathroom.

Vicky: [00:11:33] Oh my gosh. But it actually feels like we'll have a bathroom by Christmas now.

Joe: [00:11:35] Yep. Feels like a, feels like a nice room.

Uh, we've got a, we've got the, the sewerage in the plan that's gonna get done. Um, which is nice. Cuz I didn't wanna do that.

Vicky: [00:11:46] Nope. Knocking a hole in a three foot wall.

Joe: [00:11:48] Yep. And then plumbing it into underground drains. Oh no, thank you. No, thank you.

Get

Vicky: [00:11:52] someone to do that.

Joe: [00:11:54] Uh, so yeah, it's it really does feel like a room.

Doesn't it?

Vicky: [00:11:57] It's very exciting.

Joe: [00:11:57] It looks great.

Vicky: [00:11:58] So yes, we might do a whole [00:12:00] episode on the bathroom at some point and do a video episode from the bathroom in the bath. Oh my gosh. We could do that in the bath.

Joe: [00:12:07] In the bath. Yeah. Yeah, we could.

Vicky: [00:12:09] Yeah. And it could be like my only fans or something.

uh huh. I mean, I gotta make my money, Joe. I gotta make my money. I think people would pay to see my boobs.

Joe: [00:12:23] They probably would.

Vicky: [00:12:23] Yeah. I mean, they have done before.

Joe: [00:12:26] True. Yeah.

Vicky: [00:12:27] So anyway, um, Joe's making face now. He's like I've got paid for doing burlesque show yeah, yeah, yeah. Um, right. So we are talking this week, um, about

creativity and actually all of the stuff that we just talked about with Jarvis Cocker's memoir is entirely relevant because he's one of the people on my list.

I just really wanted to make a few suggestions for getting inspiration and ideas and, you know, following. And watching and learning and stealing from people I say, stealing [00:13:00] ethical, stealing from people that you might not otherwise have thought of. Okay. And so I've just got like a basic list of people I'm I could just run through that list.

That'd be really dull. Um but, and, and there will be a full list of these people in the show notes. Um, but I just wanted to pull out a few that stick in my mind. So. On, um, on the writing side of things, let's do the writing side of things first. Um, Nick cave, Nick cave, as in Nick cave and the bad seeds.

Okay. Um, love his music. Mm-hmm um, he, and most people will probably know their theme tune to Peaky blinders,

Joe: [00:13:35] red hand gang, and all that.

Vicky: [00:13:36] Yeah. Um, so that's, you know, that's the, that's the one that probably most people will know him for,

Joe: [00:13:41] but you might also know the, the Kylie one.

Vicky: [00:13:44] Oh yeah. They call me the wandering rose, the wild rose wild rose, um, call me the wild rose.

Um, and, uh, but my name's Eliza. [00:14:00] day, day, Eliza day. Yeah, Eliza day. Um, but yes, he is a magnificent song writer and storyteller, and, um, just really love. I really love his song, songwriting. I like the music, but his songwriting. He's poetry. He's he's poetry. Yeah, he's a poet. Uh, but he writes a regular newsletter email newsletter called the red hand files that I've been getting for a few years now.

And he just answers reader questions. So for example, um, I can actually let's have a look at the one that I was reading this morning. It was number 200. Um, and

Joe: [00:14:39] talk amongst yourselves. No.

Vicky: [00:14:41] So he had two questions. One of them was. So the next red hand file is number 200. What are the red hand files? I mean, what are you trying to do with them?

By the way, I love them. They help. And as somebody else asked, I just feel so fucking empty. So hollow. What can I do? And his response was dear John and marina. It might be worth [00:15:00] bearing in mind that this emptiness that you feel that we all feel to a greater or lesser degree is not a condition in itself.

Rather it is an indicator of our own self absorption and signals a need. It asks something of us this emptiness, this hollowness. It is a call. It is a call to meaning and a call to love. It requires of us that we reach beyond our own dejection and attend to the condition of the

world. And for me personally, this is the gift of the red hand files.

And so he uses people's questions to kind of draw him out of his own, you know, nonsense. And don't hear what is not being said here. Like don't send me letters about depression is a real thing and da, da da. I know that I absolutely know that. And. Everything that he has just said here is also true. Um, because one of the, in fact, one of the things that therapists try and get people to do is be of service.

because when you are of service to others, it takes you out of yourself, even for just a short time. So, um, and you know, that's what he's trying to trying to do with this. And he [00:16:00] knows where obviously speaks as well, because he has lost not one, but two children. Oof. In the last, I think 10 years or so. I think one of them, one of his sons killed himself and the other died in a really horrible accident at a cliff in the UK, fell off a cliff.

Um, so he knows what he's talking about when he is, you know, when he is talking about sorrow and emptiness and grief. Um, but his, his writing is beautiful. And again, he kind of puts it out there generously for, you know, as a, as a gift to people and yes, he makes a living from it and that's cool. yeah. so he's somebody and you can sign up for the red hand files.

If you just Google the red hand files, they will they'll pop up. Um, but other writers that I love, um, or other writing that I love, um, James Pogson, who has been a friend of the podcast has been on the podcast before.

Joe: [00:16:45] Hi James.

Vicky: [00:16:46] Um, he is, um, hi James. He is. a poet and a writer. And he writes on LinkedIn about, um, being black in the UK and being a black writer and just the general [00:17:00] nonsense that, um, he puts up with, but also about the joy in life as well.

And he is a really awesome poet and writer. Um, he's been dubbed LinkedIn's poet Laureate. Absolutely. A hundred percent recommend following him on LinkedIn. Nice. He's nice. Awesome. Really great guy. Um, then there is Anne Handley who writes the total anarchy newsletter, and I love that name cuz and she's, she's also writing, she writes about, and she's written a couple of really good books as well.

Um, but she just writes about writing and storytelling and marketing and using it all. And I, she writes a, a Sunday. Email, and that's a great one to get on as well. The total anarchy newsletter. Nice. Yeah. And then just a few people to follow. Um, Joan Didian obviously read her books. Um, she died recently, which is total shit.

Um, But she is one of the best essayists the world has ever seen, I think. Okay. Um, Roxanne gay, another fantastic. essayist a feminist writer. [00:18:00] Um, also amazing Chimamanda and Ngozie Adichie another, um, novelist and essayist whose work I love one of my favorite pieces of short pieces of hers is on Nigerian food and how she didn't.

like a very specific thing and just has been mocked for it by her Nigerian family, because

they say, well, you're not real Nigerian. Then if you don't like this, , it's just, but again, that was like a really good exercise in taking the theme of food and widening it out and, um, to mean something to mean something more than that yet about belonging and cultural belonging and, and you know, where you, where your place is.

And so. That's. Yeah, she's awesome. Um, Octavia Butler and NK Jemisin for, um, amazing female black female fantasy and sci-fi authors because women in sci-fi and fantasy anyway are just underrepresented and especially black women and women of color and just their books are awesome. NK Jemisin's earth series, uh, stone sky mm-hmm series is fantastic.

Um, and Octavia Butler's, um, parables. are just awesome [00:19:00] as well. Um, and one of them, I do remember we were reading one of them and it was just when Donald Trump was like fucking up everything. And it was like, I was reading Octavia Butler's book and watching the world burn and being like, fuck, fuck, fuck.

fuck. This is it's like actually happening. Um, so that was alarming. Um, and then of course there's David Sedaris yeah. Who we went to see live a couple of weeks ago. Didn't we?

Joe: [00:19:23] He was excellent.

Vicky: [00:19:25] I don't think we've done a podcast actually, since then have we,

Joe: [00:19:28] we went down to London, we had a nice time. We did the touristy stuff.

Yeah. And then we saw David saaris.

Vicky: [00:19:34] Yes. And he's so great because, and this is a thing that he does, right. And this is. Okay. Okay. So something that he does, creativity wise, he writes columns for the new Yorker, obviously, and he has produced books of essays. He's an essayist, he doesn't, I don't think he's written long form novels and things.

I don't think he has. Um, so he does, he does short essays and he bases a lot of it on his life and growing up with his. Family, which is frankly dysfunctional [00:20:00] yeah. Um, his sister, Amy Sedaris by the way is hilarious on Instagram, but yeah, he, all of the writing that he does before he publishes it, he reads it to people out loud.

And that's how he decides whether or not it's gonna work by the audience reaction mm-hmm so, um, he really struggled. He did one zoom event during the pandemic and really struggled with it because, um, Hugh his husband was like how did it go? And he was like, I have no idea.

Joe: [00:20:21] Just not enough feedback from people.

Vicky: [00:20:23] Yeah. Because like, like if people groan and it's, or it's like, if, you know, if people start coughing and sneezing, he knows he's lost people. Um, but he does use his husband as a, he calls, he calls him, um, oh my God. I can't remember what he calls him. Oh, Senator prude or Congressman prude, Congressman prude, because he will be.

Do you have to use language like that and he'll have used the word bottom or something. It won't even be like, so it is like, if Hugh is disgusted by something, he'll be like, that's gonna work. that's gonna work. So, so yeah, but he will read stuff to people and that will be his, that will be how he decides if it's [00:21:00] gonna work.

And here's another creativity tip from, um, David Sedaris he, how long were we in the line to get my book signed?

Joe: [00:21:08] We were in the line to get the book signed

Vicky: [00:21:11] so long that we walked back from the south bank to Knight's bridge

Joe: [00:21:16] because the trains had stopped running.

Vicky: [00:21:17] Yeah. So walk past, um, Buckingham palace at one in the morning, which was cool.

yes. Mooned the queen. I did not moon the queen.

Joe: [00:21:27] But it was, it was, it was, it was worth it, but it was, it was a long stand around. wasn't it?

Vicky: [00:21:31] Yeah. But why was it, why were we there for so long?

Joe: [00:21:33] Because he talks to everybody

Vicky: [00:21:34] He does talk

to everybody and I love that. And the reason I love the reason that he talks to everybody when he was just starting out as a writer, he went to a book signing, um, somebody whose memoir had come out and he was, he really admired her and went to the book signing and she signed his book and thrust it back at him without ever even looking at him.

She was having a conversation with somebody else and it just made him feel like total shit, uh, as it would. [00:22:00] Yeah. And so he vowed that he was gonna speak to every single person in his book, signing lines. Um, and it is just awesome. He says, he gets asked a lot. Oh, you must be exhausted. He's like, no, I literally get on a train, turn up, speak for an hour.

And then I have conversations with people that's not tiring and so certainly a job I'm, I'm not a nurse, you know, I'm not a . And so, um, he really loves it, but he doesn't let. He gets the same questions over and over again, which must be really boring. So he doesn't let you ask him question. Well, I mean, you can't ask him questions, but he gets in first and asks you something.

Yeah. Really random. Like before the, the people, before he asked, what was your favorite piece of furniture or do you like furniture? Yeah, like it was just like, and it was like, What . And so there, you know, ended up having con I wish he'd, I wish we could see him again. So

we could ask us that question and we could tell him about my throne chair,

Joe: [00:22:49] the ridiculous chair you just bought.

Vicky: [00:22:50] Yeah. Which we will come back to in another episode, I'll probably forget.

Joe: [00:22:54] Stay tuned for exciting chair news.

Vicky: [00:22:56] It is exciting though, but yeah, so he will ask people questions. And the question that [00:23:00] we got was, have you ever met somebody who's truly evil or who you think is truly evil? Mm. And it was like, oh God, I dunno.

I couldn't really think of anything. So I said, well, there's, there was a cat in our village that we called the bad cat and he found that really funny. So, um, but yeah, he will ask people things, but then he's always got a notebook by him and he will write these little snippets down and quite often he will hear something on it.

Like maybe only one thing per book tour. That will then form the basis of one of the stories. One of the stories that he tells. Yeah. And so, you know that if you take nothing else away from this podcast, take that away. Like talk to people, ask them weird shit. Don't do small talk. Like I hate small talk.

I'm really shit at it. Um, but I'm also too scared to ask people stupid questions or I was, and now I'm just gonna be like, nah, if I've got, like, if I've got a question, it's like, what do you think of emus I'm just gonna ask. I'm obsessed with emus at the moment. um, but like, yeah, just ask people weird shit questions and you know, be really awkward about it.

Joe: [00:23:59] Yeah. Winkle the [00:24:00] stories out of them.

Vicky: [00:24:01] Yeah. Cuz you never know what's gonna come out like, like your porridge spinning.

Joe: [00:24:06] That's not a story. That's just what people do with porridge,

Vicky: [00:24:08] but it is a story. That's the thing. Tell, tell the, tell the listeners about your porridge spinning your weird family.

It's not

Joe: [00:24:14] weird if you, if you have porridge and you're in a big family and, and you get porridge in the morning, um, if your porridge is, is carefully made and carefully dolled out and you treat it right, and you pour your milk onto your porridge correctly, then you can get your porridge floating on the milk as, as a single object of porridge floating on the milk in your bowl.

And then you can spin your porridge. And you can sprinkle your sugar on your porridge very evenly because you're spinning it whilst it gets sprinkled. And then your objective is to eat as much of your porridge, cuz at some point your, your porridge becomes non buoyant

because it's a funny shape cuz you've eaten it.

So you have to now eat your porridge in a very selective and careful way to keep it balanced so that it floats for as long as possible. And [00:25:00] the person with the smallest piece of porridge, that's still floating wins breakfast. That's just the way it is.

Vicky: [00:25:05] That's not, that's a, that's a weird Fraser thing. Wow. Was your dad the champion porridge spinner?

Joe: [00:25:11] I, I don't

think so. I think, I think I seem to remember Claire was pretty, pretty special with the porridge. Okay.

Vicky: [00:25:16] There's an awful lot of them, by the way.

Joe: [00:25:17] There's loads of them. Yeah.

Vicky: [00:25:18] So, um, so yeah, but that's a story. And so like talk to people about like, how do you eat your porridge? Like ask people stuff.

What is your, you know, do you like mushroom sandwiches, raw mushroom sandwiches? The answer is, yes. They're great.

Joe: [00:25:31] The answer is no, they are not.

Vicky: [00:25:32] Yes they are. Anyway. So we are, we are running out of time, but I think that is the perfect place to land. Like gather stories from people. Like I talk about gathering stories all the time, have a notebook with you all the time, whatever form it takes.

Maybe it's your voice notes on your phone or whatever, but just ask people stuff about themselves. Like ask them what they think about things. Ask them,

Joe: [00:25:52] surprise them. Surprising with what you ask them. Don't don't, you know, get off the beaten track.

Vicky: [00:25:57] Yeah. So like less and it takes practice [00:26:00] and you'll feel really awkward at first, but you will be, you will have some amazing conversations with people you really will, and don't be afraid to tackle stuff that is.

You know, seen as like, oh, we don't talk about politics or religion at the dinner table. It's like fuck that. Talk about it, like in a respectful way, but go into it from a position of curiosity rather than a position. And this is something that I struggle with going to it with a, from a position. And I, you know, I wouldn't say that

Joe: [00:26:22] telling people they're wrong.

Vicky: [00:26:24] And I do struggle with that. I try not to say to people you're wrong, but you know, I, I struggled to come at it, but if you come at it from a position of curiosity,

always curiosity, then you will learn the most incredible things and perhaps build understanding and bridges with people. You know, you violently disagree with , um, because there's always common ground.

There's always common ground and you, you have to look for it. So, um, so yes, I hope that this has been useful and interesting, and I've given you a few people to go follow. Oh, a couple more things Atlas Obscura great source of weird stories. Okay. Um, Atlas Obscura, um, it's [00:27:00] got a website. Um, it's just basically weird places in the world, but they write, um, a regular newsletter about just, I think it's a daily email about just weird, hidden stories, hidden stories that people don't know.

Um, slightly foxed magazine and podcast is a literary magazine and podcast it's produced quarterly. Um, and. They just, again, they focus on lesser known authors and lesser known books, but that are wonderful. And I've learned, I've read so many fantastic books because of that podcast and because of that magazine, that's cool.

Um, the Atlantic and new Yorker get a subscription to one or both of them and read the, read the articles in there, read the stories, read the essays. They're fantastic. Um, they also have really good crosswords. Um, and the idler magazine is a, is a new favorite of mine as well..

Joe: [00:27:45] I do like the idler. Yeah.

Vicky: [00:27:46] Yeah. It's, it's been around for years and it's like, I don't, I had only heard of it because from the slightly Foxed podcast actually.

Okay. Because they interviewed, um, none.

Joe: [00:27:54] Yeah. I've read quite a bit of the idler for quite a long time.

Vicky: [00:27:56] Oh, I never had I'm like, why would you not tell me about that? Cuz that's exactly the [00:28:00] kind of thing I'd love, but the whole point is like about being idle and giving yourself time to think and be creative and, and slow down and stop

you know, Western capitalism hustling all the time.

Joe: [00:28:09] Yeah. Stop achieving shit and just actually have a bit of a think once in a while.

Vicky: [00:28:11] Yeah. And so all of those things are worth, you know, they're well worth looking at. Hmm. So I hope you take some of those away and run with them. Um,

Joe: [00:28:20] You have a list the show notes.

Vicky: [00:28:22] Yep. They'll be a list in the show notes. Uh, all of those things will be mentioned. Um, thanks Harriet for compiling that cuz I'm gonna totally forget. As soon as I turn this off um, and coming up next week, uh, we're gonna be talking about. We're gonna be swerving wildly in a different direction and talking about why your table of contents is

like a burlesque show.

Joe: [00:28:42] That is.

Quite a comparison.

Vicky: [00:28:45] Yes. Makes sense. You'll see. Okay. Um, but in the meantime, um, I run five. I have five slots per month for my book, breakthrough jams so if you are thinking of writing a book and you're like, I have no idea how to [00:29:00] start or where to start and I've got this idea. Is it any good, rahrr um, book yourself, a book, breakthrough jam

I've got five of them a month. Um, they. 90 minutes with me on zoom. Um, I will send you a questionnaire first detailed questionnaire to get as much info out of you as possible. And then we will get clarity on your book idea. We'll get it nailed down. We will go through your reader journey, um, go through your writer journey and we will get your book on a page outlined in detail so that when you go away from our call, you know exactly what you're gonna write and why you're gonna write it every time you sit down to write, um, it'll mean that you never kind of sit down and go, I don't know what to do, and I dunno what to do today.

Nope, none of that. you also get access to me, um, via Voxer for a whole month after that. So you can. Anytime you have a thought or a problem or a brain fart you can ping it to me on Voxer and I will be right there on the end of it. Mm-hmm and you get a follow up call three weeks later to ask any follow up questions and clear up any issues and got payment plans available for that.

I only have five slots a month. [00:30:00] Um, I've only got two left for August and by the time this goes out, there might be even fewer. So, um, yeah, get yourself booked in. Yeah. And you can always book. Um, if you, if you don't wanna, if you like, I haven't got capacity to do this for a couple of months. That's cool. Stick a deposit down and we'll get you booked in for, you know, whenever you're ready, September, October, November, and we'll get you hit the ground running.

Uh, you can find all about that at <https://moxiebooks.co.uk/bookbreakthrough/> um, and then free stuff that I have is my free writing and prompts calendar <https://moxiebooks.co.uk/calendar>

Joe: [00:30:34] works really well. Helps build a habit, gives you something, gives you a topic to get your teeth into every day.

Vicky: [00:30:39] And it's not just like a bullshit, like, oh, what's the definition of creativity. It's like totally random stuff from, you know, what does, um, I literally can't think of anything now.

Joe: [00:30:52] Yeah. Stuff you've pulled out the deep end of your brain.

Vicky: [00:30:54] Yeah. It's it's stuff that will make you. think and get you digging into shit

that you [00:31:00] may not thank me for initially, but you will later.

I promise . Um, and also of course you could join my newsletter, so you can go to <https://moxiebooks.co.uk/notes-in-the-margin/> get on my weekly newsletter. And if you've listened to every episode, thank you very much. Um, email me with your postal address and I will send you something silly. Um, and if you like this podcast,

Joe: [00:31:20] rate it, share it, tell your friends, go to iTunes and subscribe.

Vicky: [00:31:24] Um, but yeah, the best thing you could possibly do if you want to help us. Um, and if you want to help this podcast is send it to somebody else and get them to listen. Um, you can send them to <https://moxiebooks.co.uk/podcast> and they can subscribe.

Joe: [00:31:37] Nice.

Vicky: [00:31:38] Thank you so much, Joe.

Joe: [00:31:39] No worries.

Vicky: [00:31:40] Thank you to Podfly

For making this awesome. Thank you to Harriet for just organizing my life. Um, thank you to you, dear listener for listening every week. We really appreciate it. Cause otherwise we'd just be screeching into the void.

Joe: [00:31:54] Which who knows maybe we are,

Vicky: [00:31:56] well, do you know what? I was gonna shout out a few people who have told me how much they [00:32:00] enjoy the podcast, but, um, so Yinka, hi Yinka.

Joe: [00:32:02] Hi Yinka.

Vicky: [00:32:03] My business bestie? Thank you so much. Um, you should totally, um, go and follow Yinka on, um, LinkedIn by the way. Um, because she is incredible at cash flow, um, lifting up women in business and generally being a wise owl and a wonderful human, um, Sarah Silvah hi Sarah.

Joe: [00:32:21] Hey Sarah.

Vicky: [00:32:22] Um, who else was I gonna show?

I've literally forgotten all the names that I was.

Joe: [00:32:25] You needed a list.

Vicky: [00:32:26] I needed a list. Well, this was an off the cuff thing.

Joe: [00:32:28] Oh, write the list

Vicky: [00:32:31] and now I'm

just like staring blankly at Joe as if that's gonna help.

Joe: [00:32:34] So that's the end of the podcast.

Vicky: [00:32:36] We'll be back. Same time next week. Thanks so much byebye.