

tier: ramp?

SR: enough!

tier: 20 minutes podcast about

SR: your questions that you sent us! we selected a few and then read them to ourselves outside, or I read the questions aloud

tier: exactly and we answer them now

SR: inside

tier: inside

SR: that's why it sounds different, it started to rain! actually the idea was to record the episode completely outside

tier: that would have been cozy!

SR: yes, but suddenly there was a gardener behind us

tier: (laughs)

SR: and some topics are too personal for us to share with a gardener but we gladly share them with the entire internet! (both laugh) yes, we have already shared the first season with you and sure, some questions come up and I think we have now chosen four?

tier: yes!

SR: I'll see if we can all do it. Thank you in any case for your emails in general!

tier: exactly and you can still ask questions, if there are enough.. sometimes we answer them by email

SR: when the questions are more personal

tier: exactly but with general questions, we are also happy about them, because we can then record further follow-ups as a result.

SR: precisely and can maybe go into topics that are perhaps no longer as present for us as a topic.

tier: exactly!

SR: Thank you in any case for your feedback on the Marie Kondo episode

tier: oh yes!

SR: from the first season. We are totally enthusiastic about your impressions and ideas and approaches to implement them. yes, all power to you! very, very cool that you shared that with us!

tier: yes!

SR: We were very moved

tier: yes, all your reactions and comments and emails ... in general, the reaction now to what we are creating here is incredibly great and important and means very, very, very much to us!

SR: the money too! (both laugh) no, really! The money also means a lot to us, so we can afford interviews, so we can afford technical stuff and software ... not software, but website costs! We want to put all of this in the beginning and that's why we are of course also happy to answer questions from you! let's start:

SR: (recorded outside) ok, the first question is for you, simo: how do you deal with it the fact that you have different diagnoses and are taking T at the same time, how doe those affect you? what does disability and being trans look like together?

tier: thanks for the question! I think ... so it definitely plays a role and is, both are indispensable to each other! So if I get some kind of support or something because of being trans, disability always plays a role, and vice versa. Especially when I think of visits to the doctor, it's always somehow something that comes up. For example, if I go to a new doctor and then have to fill out an anamnesis sheet, then most of the time one has to write in all the medications and diagnoses and that's why it's just because I take a lot of medications, it is also important that my doctors know that I also take testosterone so that there are no negative interactions. It would be nice if everyone knew about it, most of them actually don't, but it's an important topic. so far I've had, what we have already discussed in previous episodes , rather negative experiences with it because people have no idea about hrt and then think that some of my symptoms are just an interaction with testosterone, which is not true! On the other hand the testosterone is a very important therapy for me, not only because of me being trans, or my transition, or something, but because the testosterone makes me

feel better at an energy level thing and when it comes to depression. my energy level is very low anyway (laughs) but if I stop ... I notice when my testosterone level is very low, then I feel worse and that's something that some doctors have already understood and that that is an important thing! It is no less important that I get my testosterone regularly than that I take my other medications regularly.

SR: yes, that makes sense! cool, then we go to the next question

tier: yes, please

SR: (recorded outside) ok, of course we could somehow count on the next question, but now it is actually there: hello you two! you sound very familiar on the podcast. you often talk about friendship or partnership. what exactly is going on?

SR: (inside again) so what's going on?

tier: (laughs)

SR: well what's going on? we're just friends and i think that's irritating because it's more a german problem ...

tier: yes!

SR: ... than a simo and SchwarzRund problem. So i grew up with friendships structuring life. So that is, I did not learn so much helpful about romantic relationships from my father and quite a lot of helpful things about how friendships are important in life and I know a lot about phases of friendships and so on, and also a lot about my father's friends and they are kind of like family to me. And I think for me the wish was always much greater to have very serious, great friendships, than a romantic relationship, simply because romantic relationships in my parents' house were more of a shit show (both laugh) and friendships were what has shaped me ... yes, and has always lasted longer, than romantic relationships or marriages or whatever and ... yes, we met eachother at a very low point regarding to friendships for very different reasons. For me a nine-year friendship came to an end, it wasn't easy for you either and it got a lot easier after my mother's death (irony) no! (both laugh) Then came the pandemic!

tier: yes, in a short period of time we have experienced a lot of rather big crises in our lives, like psychiatry, death

SR: housing

tier: housing, losing an apartment, illness ..

SR: illness of the parents

tier: exactly

SR: and exactly, it was like that for me before, the friendship that i had for so long before, we are still .. we are still friends, but we don't live an active friendship. it also shaped my life for a long time and for me it is much more important than a romantic relationship. So even if I'm in a romantic relationship, it doesn't have such a big relevance like my relationship with you

tier: yes, exactly! that's exactly how I see it. for me it was more like .. I didn't have an example of such friendships, but it was a development that I have learned through my life and that is a thing that I prioritize in my life.

SR: yey, we prioritize eachother! that sounds so romantic! (both laugh)

tier: well we also say that we are a family unit, now we are eachother's corona...

SR: ..bubble!

tier: the bubble because that makes sense, we do joint care work & care work for each other

SR: for each other, for the animals. if our parents are not doing well that is .. so if my dad is not well i will tell you because you love my dad tier!: exactly exactly!

SR: Even if your parents get on my nerves, you know I would be there for them at any time tier!: So that's the constellation and sometimes because it's practical when we have to go to the pharmacy or you make a call for me

SR: then you're my husband!

tier: then we just say a partner or something because people tend to understand that better.

SR: exactly, they tend to understand the importance when it comes to applications or things like that, like the care level application and such, it's easy, sometimes it's just easier .. that's it. So we

wouldn't get children together, we don't have sex with each other and we don't kiss, so it's just a friendship but just in that sense, so more in a Dominican sense as in a German sense!

tier: yes

SR: I forcibly integrated you ... (both laugh)

tier: I think it's good!

SR: .. into the dominican culture! so thatn's the answer to that question! it goes on:

SR: (recorded outside) in the photos we see several animals over and over again. how do you get that together? disability, taking care of your own needs and keeping animals? are the animals more of an obstacle or more helpful? please answer that with regard to your physical but also psychological limitations.

tier: yey, we can talk about the animals!

SR: yey!

tier: i always want to talk about animals!

SR: that's right!

tier: animals are one of my special interests and that's why my focus is often very, very on "what are the dogs doing?" and then you are like "let's talk about the actual thing" (laughs)

SR: the funny thing is that simo sometimes calls me and says: "ah, in my life there are only the animals, that is so exhausting!" then I say: "ok, I'll come over and we'll do something else" and you keep talking about the animals (laughs) I'm like: "you literally have to talk about other things!

"(laughs) yes, exactly the animals! there are three animals in our lives, I think that's important to say first and not to talk about "the animals"

tier: yes! (laughs)

SR: the oldest is Pippin

tier: yes, that is the cat that lives with me, he's 17 years old and we've been together for 17 years

SR: and I'm Pippin's new haircare person, I take care of his style

tier: exactly

SR: me and Pippin found each other extremely quickly, I believe and exactly, Pippin is the best friend of the second animal in the age group that is mine! "Mine" in the loving sense, as I say that simo is my best friend. Me and Monkey have lived together for over ten years

tier: wow, that's also a long time

SR: he comes from the berlin animal shelter, ran away in the czech republic from the previous owners several times, at some point he made it across the border

tier: he migrated himself

SR: (laughs) migrated himself like "I'm done with this!" he walked around brandenburg, was then dragged into berlin to the animal shelter and now is he with me and yes, the question is .. no, maybe we'll go through the animals first and what is important to know is he was given to me as a terrier mix, but he is an australian kelpie, working kelpie and you can check out this breed, this is one of the most household- unsuitable breeds there is, one of the "smartest", although that is also a construct and blah, animals and thus one of the most independent dog breeds!

tier: yes, and a breed of dog that most people don't know! we wouldn't know them either!

SR: Exactly, it really is also a coincidence, I only found that out after years. if i had known that immediately, i would have said he had to go to a shepherd, because that is simply better for this type of dog. but then there is the youngster

tier: the baby

SR: the baby that lies between us

tier: he's been three years already with me, my dog ??

SR: yey, we chose him together

tier: this one we chose together from the Berlin animal shelter or he said "I want go with you"

SR: yes, and simos heart wasn't open yet, because of another dog at the time and then Vanja pushed himself very hard on me "consider me as an option! " (both laugh) and we saw you as an option!

tier: yes, exactly, and then three years ago Vanja came to me because I really wanted a dog or wanted to live with a dog. i already had a lot of dogs in my life, lived with other people who had

dogs, I took care of monkey and so and then the time came

SR: yes!

tier: and yes, then this dog came along and had several issues, I'll put it this way

SR: he also given up because of his issues

tier: yes exactly and I like to say it was always such a stroke of luck that he ended up here, because this dog would have become a so-called animal shelter trophy, i.e. one that is always brought back to the animal shelter because the issues he has, they are just such that most people cannot endure well

SR: cannot endure well and do not work at all together with violent training, violent, or dominant training doesn't work very well anyway, but with him, as well as with Monkey, it would have had fatal consequences and in the worst case could have led to the worst.. and now the question about the physical and psychological: Monkey is like I said a working kelpie, we will post some working kelpie videos in the captions. look at them first and you can only say that I'm not right after you've seen them, because then you won't say it anymore!

tier: yes! (laughs)

SR: this dog breed was crossed with dingos, which are wild dogs in australia, and comes from the scottish kelpie, i am not a particular fan of breeds or do not think breeds are important, but with him it is important to inform oneself, because these dogs have different attributes bred into them, that are very formative in everyday life (laughs), for example something that is called a "strong eye".

tier: (laughs)

SR: that means they herd sheep with not mainly barking and snapping, but by looking very, very judgy at the sheep (laughs) and that's what I live with every day! That is extremely good for me because my depression, my uncertainty as to whether I can do what when and when not, when is it appropriate to go out and so on and so on, have been taken from me for ten years now by this "strong eye"! because I'm going out with him! and when i get insecure he notices that i am insecure and then says ..he literally herds me back to the apartment door. Monkey can herd everyone, even people who have never been herded! Recently for example, he slept at a couple's place who never sleep in the same room and he forced them to sit in one room because he likes it better! (both laugh) without barking, without anything! So that's just a very demanding dog breed, we bike a lot, we jog, we do agility, luckily he can shoo your dog a bit, he crawls up the armchair from behind, we do a lot of jumping, a lot of tricks. he can do over 30 tricks!

tier: and he can talk!

SR: he can verbalize himself very well, he can point to bottles to explain to you what kind of water he wants. It is a lot of work but I wouldn't want to have another dog, because my depression and my massive dissociations mean that I just don't function without him! i don't literally function, i just sit there and stare around.

tier: it's amazing: this dog has also taught himself to read a pulse!

SR: that's exactly what he does.

tier: measures your pulse and gets you out of the dissociation!

SR: and also gets me out of it, at some point I get dehydrated and then my pulse goes up and he measures that and if I often dehydrate for a long time because of my not so good pancreas, he measures my pulse at night to wake me up so I can drink something. he is not an assistance dog, he has never learned all that

tier: he learned it by himself!

SR: he taught himself how to do it

tier: it's totally amazing!

SR: I love him more than anyone in the world! Exactly, this is my baby animal: and the assistance you get from the dog!

SR: and he's exhausting and I know that, but he can't help because it's breeding.

tier: yes Vanja, so my dog ??also has issues due to breeding reasons, so he is a podenco mix, that means, podencos are spanish hunting dogs and they are sight hunters, so they don't sniff, they look and are mainly used to hunt rabbits and therefore ...

SR: it's good that we live in reinickendorf, which is named after the fox that hunts rabbits! (laughs) (irony)

tier: yes, there are very, very many rabbits everywhere and that is a huge problem for the dog, unfortunately, that there are places where he cannot be because there are so many rabbits that he starts to hunt and when he's in the hunting mode, then he doesn't get out of it either, he would then rush himself to death

SR: Exactly, humans screwed that up!

tier: we have to set clear limits, he needs clear boundaries ..

SR: I think I have to say something briefly: so clear boundaries - what we mean by that is not punishment for crossing

tier: yes!

SR: but clear boundaries rather means that people have to stick to the decided boundaries (laughs)

tier: exactly!

SR: and the communication has to be very clear. you can see that we are very specific about it, that is because "training instead of dominating" (non-violent training) is the approach, i.e. the scientific approach, so I say as if it were one of many, this is the scientific approach! (laughs) there is no other scientific approach, that's what we live with our animals.

tier: yes, so positive reinforcement, if they should learn something then when they do the right behavior then they get a lot of praise and

SR: exactly the desired behavior! It's just about leading them to show the desired behavior and assume that they don't just know it automatically animal: Exactly, so that's what I mean, there are places where we don't go or places where he is only on a leash. Also something that some people might be frightened of when they see me with the dog, because my dog ??almost always wears a muzzle outside, which is a protective measure for us but also for others. not because the dog necessarily bites, but sometimes he is afraid and his reaction is, so fear reactions can be three things, I think: flight, becoming rigid and reacting

SR: exactly, reactive behavior

tier: reactive behavior and he is a so-called reactive dog, so first of all he barks and tries to jump at people and so on, but he is also very allergic (laughs) and the danger is because there is a lot of food on the ground in Berlin, especially bread

SR: especially by the schools here tier : yes exactly and he is very, very allergic to wheat and gets quite bad rashes and pustules, and that's why the muzzle also helps outside, because sometimes I'm a little slow, so that he doesn't quickly devour the bread.

SR: Exactly, so ultimately something that gives him more freedom.

tier: Exactly, that is sometimes difficult to understand, but from a, what I like to use, from an autistic perspective: I also like to be wrapped up in something sometimes or just that it is clear that I am in a room and the door is closed. Vanja is more secure by the muzzle and being on a leash, then most stimuli are taken away from him

SR: and he gets the chance to show the desired behavior at all! he had maybe 500,783 options before and we're breaking it down to three. means: he simply has a lot more successful experiences, which is the ultimate for an insecure dog.

tier: Exactly, i also think i have learned an incredible amount during this time, although i thought i already knew a lot about dogs, but i didn't know much and we also had a dog trainer at the beginning. now through the three years, a lot has happened. I learned a lot and through this I was able to support the dog so that he could develop a lot.

SR: but I also like to talk about something else: what are the things that you have learned through him?

tier: a lot of things! especially going outside a lot!

SR: that's right tier: well i'm just very, very undriven as a person and because of the dog i have to go outside and that's very good, so that i spend a lot of nice time outside. Also I can't really see well in the dark and I'm also afraid of going out in the dark, my dog is snow white (both laugh) and helps me a lot when I'm outside in the dark because sometimes I can't see people and so on, and thanks to

him, I know there are people!

SR: (laughs)

tier: definitely that!

SR: what happens in those moments when people meet ... so what i was getting at, in the beginning it was difficult for you to tell people outside when they behaved like shit and that has changed radically.

tier: that has changed a lot, because I don't pay attention to myself but to the dog and his needs, and when people behave badly towards the dog, I've learned a bit to be more verbal and that's something what I just couldn't do before!

SR: Exactly, I have a feeling you have become 490 times more verbal thanks to Vanja!

tier: (laughs) yes that's amazing

SR: not only in a negative way, you also say something to people sometimes like "hey can you take your dog back for a moment?" and then they do that and then you say thank you.

tier: yes!

SR: It's not necessarily an unfriendly ...

tier: no, no, no, but that's simply because sometimes I actually become non-verbal and it is very difficult for me to make such clear statements to strangers or to say something at all. that is ... yes, I would have without the dog, that would not have worked!

SR: totally!

tier: that only works because the well-being of the dog is so much more important to me than the well-being of myself or other people! (laughs)

SR: yes, but this also asserts your interests, for example if you can't walk close to someone, i.e. "because of the dog," but you really want to go home, something like that has already happened before, I have the feeling that you are slowly getting to another level and then you are like "I want to go home now, the dog can't do it like that, they have to get off the sidewalk now!" when I first met you, before you had a dog, you would probably have been standing for another 5 hours and said "well .." (laughs)

tier: yes that's right!

SR: that's pretty cool! and what about the very old man?

tier: yes, with the cat, as I said, I've been living with him for 17 years and we are a very well-coordinated team! i always say that i learned consent through the cat, through Pippin. I think most cats are like that, or I know most cats are like that, but he's very much like that, also because I didn't force him to do anything, because I don't believe in things like that, not even then, is that he makes a very clear announcement whether he wants to be touched or not.

SR: that's true

tier: whether he wants something or not and that is just really .. if he does not want to be touched or does not want something then the announcement is very firm, so there is an immediate attack and so on .. and I think...

SR: but also in a very, very calm way

tier: yes, there is a kind of warning first, i.e. verbal, from him and then he can also strike and so, but he's not somehow now ... it's always very comprehensible when he does something like that.

SR:: yes that's right!

tier: he's very, super consistent in his actions!

SR: that's right, that's right! yes, these are our three animals. and now we go to, I think to the last question:

SR: (recorded outside): vaccination, disability and being black. can you say something about the discourse about vaccination refusal from a black perspective? what exactly is that? most of the articles are in english and not entirely understandable. thanks!

SR: yes that is a very, very big topic. I would first refer to .. that will always be the same source with us, I'm so sorry

tier: (laughs)

SR: "you're wrong about"- podcast (laughs) about the Tuskegee experiment, did I pronounce that

wrong?

tier: i don't know right now

SR: Tuske .. no matter, you can see it in the shownotes. In the history of medicine "tm", seen globally, it is simply that black people and I would add indigenous people to this, have been used as a guinea pigs, often unbeknownst to them as a guinea pigs for "medical development." one example is this same experiment what was conducted to study .. oh god, do you still remember the disease?

tier: syphilis I think

SR: yes exactly, syphilis research where people, due to complicated circumstances, black people who were not treated on purpose and yes, have suffered unnecessarily, ultimately and above all they were confronted with a lot of lies, often for a long time. And then there is the case of a black woman who died but whose cells were still used in research, without the family knowing about them and she was still alive, as it were, biologically, so not really, but as a kind of cell mass. then if we look at indigenous populations, including within Europe, they were often the ones new drugs were tested on. when we look ... so it's just a problem, even now there is this shift again, right? So many of the vaccines were tested in Brazil, for example , where there are mainly black indigenous people. At the same time, as soon as the vaccine is, let me say, ready, the safest vaccine is mostly given to white people. that is, it's like that, a little bit of a dilemma. and what i notice with my dad, for example, is that he grew up under a dictatorship until he was twelve, until today i would say the dominican republic is not fully democratized. he just grew up under a dictatorship where everyone controlled everyone and it was really a way of living under fear. so comparable to the stasi, but again on a more murderous level. because an incredible number of people were killed under Trujillo. means my father is simply confronted with the fact that information is used to kill people. and he survived that. this is his trauma, this is his real trauma! and then there are conspiracy theories that target mainly latinos over 50 and say "there are probes in the vaccine." I know of course that this is not true, but I cannot explain it to him in the way that I would explain it to you, why this is not true, because I can get on with the argument where I could say "but that never happens!"

tier: because things happened! and maybe it's also important to say that this generation, like your father's, connects mainly on facebook.

SR: Exactly, they mainly use facebook and friendships are formed simply because of fear of political measures. So it's an incredible social connection factor: fear and nostalgia. these are the two things. From that perspective, it is difficult to talk about vaccination. I still do that, of course, my dad is getting vaccinated now, he believes me now too, I don't know how long this will last, because it's just the problem ... so for me, for example, that's not scientific evidence if you say "many are afraid of it." in what he grew up in that was the proof! many have the feeling there is a spy! many have ..

tier: yes!

SR: and then it actually was like that!

tier: exactly

SR: well that was a kind of the formation of a thesis that made sense! And now to say "that doesn't make sense today" is totally difficult and all of that together, so the research on black bodies, even today, for example, skeletons of victims of genocides, even before the Nazi era, of black people, at my university, the humboldt university! So science, medicine and being black, being indigenous, were never things that existed together without violence. and from this the fear is understandable! at the same time it is incredibly important for my community to get vaccinated! yes it is difficult! but that is very roughly broken down from the historical context from which it just doesn't make sense to say to my dad "you are stupid and totally ignorat, why do you think such nonsense?" or even to come to terms with saying "that is anti-Semitic," because it simply has nothing to do with the cultural context and that the guilt is simply sent in the wrong direction. I always explain it by saying that people have to consider that they grew up with completely different media. and it would be comparable if we, now at our current age, were to have a medium that constantly pushes itself into someone else's mouth so if i'm talking to you, there is a possibility how, for example, a company can advertise through your mouth and you don't even notice it. and while you, as a person I know,

who I appreciate, tells me something and there is false information in it. how should I filter that out?

tier: true

SR: i trust you! it comes out of your mouth! so i can only explain it for my black latino part and the historical context. so that was our first faq!

tier: yes, a lot of topics, in a lot of different directions, but if you liked that, you can send us more questions and then maybe at some point in the future we will do another episode.

SR: thanks for listening!

tier: (from the editing room) if you would like to support us this can be done via patreon or paypal, where we are called ramperecht@gmail.com which is also our email address. Please write to us if you have any further questions. you can find us on instagram as [@ramperecht](#), you can find SchwarzRund everywhere as [@schwarzrund](#) and you can find me everywhere as [@simo_tier](#). thank you again for listening and the next episode comes out in two weeks!