

## AI TRANSCRIPT FOR BRAAAINS PODCAST EPISODE 006 - TWINS AND TRIPLETS (BRAAAINSPodcast.COM)

00:00:09 - Heather Taylor

Welcome to Braaaains, a podcast exploring the inner workings of our brains and how film and television portray them. Hosted by me, writer-director Heather Taylor.

00:00:19 - Sarah Taylor

And by me, film and television editor Sarah Taylor, aka the Taylor Sisters. Woohoo. Before we begin, we want to acknowledge that the lands from which we've recorded this podcast are part of territories that have long served as a gathering place for diverse indigenous peoples. And we are thankful as guests on this land to be able to live, work, and gather.

00:00:37 - Heather Taylor

Here on today's episode, we'll be exploring the world of twins and triplets. We'll be talking about what it's like being a triplet growing up together, the differences and similarities of what they experience, how twins and triplets deal with their own mental health, and if there really is such thing as having an evil twin.

00:00:57 - Sarah Taylor

To kick off the conversation, we're going to talk with Sarah Carroll, a graduate student in the clinical science program at Michigan State University. She works with twins as part of her research with the MSU twin registry. Quick reminder to our listeners that these interviews should not be taken as medical advice, and it is for informational purposes only, because everyone's brain is different. Please consult your own healthcare professional if you have any questions. And now, Sarah Carroll.

00:01:26 - Sarah Carroll

So I'm a fourth-year graduate student at Michigan State. I'm studying clinical psychology, so I got interested in twin research during college. So I went into college knowing I was interested in genetics and psychology, but I wasn't sure how to combine the two. Around that time, I found out that there was a field called behavioral genetics. You look at genetic and environmental contributions to complex traits like mental health, cognitive ability, physical health. So there was a professor at Uva named Eric Turkheimer, who's really well known for twin research. My mentor in the first lab I worked in was like, if you're interested in this, you should check out its classes. And so I took his behavior genetics seminar my last year of undergrad, and he was looking for a research assistant when I was starting my job search. So I ended up getting that job in his lab, and within, like, six months, I was like, this is what I want to do professionally for the rest of my life.

00:02:21 - Sarah Taylor

Oh, that's amazing.

00:02:22 - Heather Taylor

That's super exciting.

00:02:24 - Sarah Taylor

Yeah. Can you just briefly explain what is a twin registry?

00:02:28 - Sarah Carroll

Yeah, it's basically a database, like information from twins who've agreed to participate in the Michigan State registry. We recruit parents of twins in Michigan. We have their data stored as part of the twin registry. There's also a website, [twinstudies.org](http://twinstudies.org), and you can find a list of a bunch of different twin registries. So it's really cool. There are, like, twin registries all over the world. There's a lot of interesting work that's being done in scandinavian countries because they keep national birth registries.

00:02:59 - Heather Taylor

Do they do anything over time? So they'll ask questions when they're four and we ask questions when they're seven and onwards so that you can have long sets of data?

00:03:09 - Cindy

Yeah.

00:03:10 - Sarah Carroll

And that's something I've been getting really interested in recently. I'm interested in child development, how things unfold over time, especially mental health. We have data on some of the twins at five different time points. So last year I was able to do a big longitudinal data analysis looking at how their conduct problems changed from age three up to, like, age 21.

00:03:35 - Sarah Taylor

Cool.

00:03:36 - Heather Taylor

That's cool. I'm curious, do you have any twins or anything in your life? What made you so excited and said, this is it?

00:03:42 - Sarah Carroll

Well, so I did babysit for a pair of identical twins when I was younger, and I thought it was so interesting how the other sibling pairs I babysat for kind of became more like, I don't want to say distinct people, because, of course, identical twins are distinct people, but they became kind of less alike in their interests, and it was like they developed very distinct personalities, whereas for the identical twins, they did go to different colleges, but they had the same major. I think they're working in the same place now. They're roommates. So it was just interesting to see how they really maintain that similarity over time.

00:04:20 - Heather Taylor

So you're doing twin studies for your research. Can you tell us a little more.

00:04:23 - Cindy

About the research that you're specifically focusing.

00:04:25 - Heather Taylor

On and how you are working with twins to facilitate that?

00:04:30 - Sarah Carroll

Most of my research in grad school has been on antisocial behavior, which is also referred to as conduct disorder. So that's like the kind of acting out behaviors, like breaking rules or being physically aggressive, because there are these two types of twins, identical and fraternal. We get estimates of how similar they are, and then we compare, or we look at whether that similarity differs across the two types of twins. So, for example, if identical twins are a lot more similar to each other in antisocial behavior than fraternal twins, then that suggests that there's a role of genetic influences.

00:05:07 - Heather Taylor

That's so fascinating. You talked a little bit about their similar physiology versus their experiences in terms of their mental health. How much of their environment do you think has an impact, the idea of, like, nature versus nurture. How much is nurture really impacting us in terms of our mental health.

00:05:22 - Sarah Carroll

One of the main findings in behavioral genetics is that virtually every trait is under some degree of genetic influence. Not just identical twins, but anyone in the same family who's biologically related is likely to. They're more likely than randomly chosen people to have similar mental health outcomes. But at the same time, almost all mental health conditions also are subject to some environmental influence. So really it's about nature and nurture together. For example, the combination of genetic predisposition for a specific mental health outcome and then environmental risk, that can be a really strong predictor that you'll actually develop that disorder. The really interesting thing, I think, about behavioral genetic studies of the environment is that they found it's actually not the shared influences that make kids in the same family more alike that are really important. It's more how the environment affects each child individually, so they distinguish between the shared and the non shared environment. And so the shared would be like your family's socioeconomic status or similar parenting. What these studies have found is that the influences that impact each child uniquely are what really have a big effect. Like maybe different peer groups, different teachers, or kids can be parented differently, even by the same parents. In twin studies that broadly look at genetic shared environment and non shared environment, they find that the overall non shared environmental influences are really big. In a study last year, I looked at genetic and environmental influences on different mental health outcomes and how they shifted according to pandemic related stress. The families reported, like, what stress they were experiencing during the first few months of the pandemic. And we found that in families that were experiencing a lot of stress, non shared environmental influences actually became more important. In that context of stress, kids kind of responded differently to the environments they were in and diverged in their mental health outcomes.

00:07:25 - Sarah Taylor

Who we surround ourselves with and what experiences we have really do have a huge impact on how our brain is going to be as parents or as people in the world. What can we do to maybe, I don't know, protect ourselves or be aware of what we're doing in order to maybe, in the end, protect our brains if we know we deal with depression or anxiety, or we have these already genetic predisposition dispositions for certain mental health outcomes.

00:07:52 - Sarah Carroll

One thing that's incredibly important is just having open conversations about mental health. Like in my graduate studies, I'm doing research, but I'm also working with therapy clients. In the last year, I've worked mainly with pre adolescent girls who are struggling with anxiety and depression. And sometimes, just like stress management in the context of the pandemic. And I think it's really beneficial that the parents and their kids have candid conversations about mental health and that they're seeking out therapy for their kids when they seem like they're struggling.

00:08:25 - Sarah Taylor

all the films I've seen with twins or with multiples, there's always the evil twin, or there's always. There's, like, these cliched things. Have you seen anything or is there anything that you loved that showed what twin life is actually like and not this trope of there's the good one and there's the evil one, blah.

00:08:44 - Sarah Carroll

When I started college, I watched the show pretty little liars for at least a couple of seasons. I think there were multiple characters who had evil twins.

00:08:53 - Sarah Taylor

Yeah. The main one was an evil twin, really evil.

00:08:56 - Sarah Carroll

And after the second one appeared, I was just like, how many? Does every character have an evil? Yeah, that's not particularly realistic. And I think there's a tendency to portray twins as being diametrically opposed to one another. As a kid, I watched the sweet life of Zach and Cody, and they were identical twins who, one was really extroverted and not very into school, and his brother was quiet. And even though, of course, identical twins can differ from one another, it's pretty unlikely they're going to be that diametrically opposed in their personalities and their interests. I'm trying to think of a portrayal of twins that's been accurate and nuanced and looks at mental health beyond just like, good twin and evil twin, and I'm really drawn a blank.

00:09:50 - Heather Taylor

What about twins that they also do the other side of things where they're twins? Like twin vision. They just could read each other's minds. They just know exactly what's happening with other twin. What about that side of things?

00:10:01 - Sarah Carroll

I think that seems pretty extreme. Just thinking of the identical twins that I babysat for growing

up. I think they were pretty in sync. They were very similar to one another. I don't know that they were that in sync.

00:10:16 - Sarah Taylor

They didn't actually share a brain.

00:10:19 - Sarah Carroll

They also do, though, like twins separated at birth, which, of course happens, but it's pretty uncommon. I think that's one misconception about twin studies. We're typically studying children who were raised in the same family because that's so much more common than twins who were separated at birth.

00:10:37 - Heather Taylor

There's movies and shows like parent trap.

00:10:40 - Sarah Taylor

Yeah, parent trap.

00:10:41 - al

Yeah.

00:10:42 - Sarah Taylor

Where one parent took one kid that was like, what? I wouldn't do that anyway.

00:10:47 - Heather Taylor

Sorry, that's traumatic to me.

00:10:48 - al

I'm like, oh, you don't know.

00:10:49 - Heather Taylor

You have a sister and you don't meet your other parent.

00:10:52 - Sarah Taylor

I was like, oh, it's really horrible.

00:10:54 - Sarah Carroll

also, what parent could be like, I'm never going to see my other child again?

00:10:59 - Sarah Taylor

When twins age, and this is something we often don't see in media, your body is going to change, just like we're talking about environmental stuff. One person might like to be in the sun more. Their skin is going to look different than the other twin's skin. They might get tattoos. Even though you're identical, you're going to become shaped into your own human. So I think that would be an interesting thing to see on film and television. What are twins like when they're like

70 and they've lived life and had kids? Maybe one didn't have kids. There's so many cool things that you could play with.

00:11:27 - Cindy  
Yeah.

00:11:28 - Sarah Carroll  
I mean, past the age of 18, twins typically aren't living in the same home anymore.

00:11:33 - Sarah Taylor  
If there was a film or a tv show that was going to do something about twins, what would you want to see?

00:11:37 - Sarah Carroll  
As a twin researcher, I think anything that portrays mental health in a more nuanced way rather than good versus evil, I think would be interesting to show, like, twins who are going to school and each have their own struggles that are also not polar opposites, because as twins, we really wouldn't expect them to be.

00:12:01 - Heather Taylor  
Is there any way that people can, if they want interested in knowing more about you and what you're doing and your research? Is there somewhere that they can look you up and find out more?

00:12:11 - Sarah Carroll  
So all the research I do is with data collected for the Michigan State University Twin registry. So if you look up Michigan State University twin registry, you'll get to their website and get to see all the cool studies that are being done. And if you're a parent of twins, like potentially getting registered for one?

00:12:30 - Sarah Taylor  
Sarah, thank you so much for taking all this time with us. It was so great to learn about what you study and how you're shaping the world.

00:12:37 - Sarah Carroll  
Thank you. I'll definitely be tuning into your podcast.

00:12:40 - Heather Taylor  
Thank you so much and have a wonderful day.

00:12:42 - Sarah Carroll  
You too.

00:12:43 - Heather Taylor  
Okay, bye. That was so fascinating, especially how important.

00:12:52 - Sarah Taylor

Your environment is when it comes to everything that makes us us. That's the coolest part, I think. Yeah.

00:12:58 - Heather Taylor

That it's a mix of genetics and environmental. So the idea of nature versus nurture is really a thing.

00:13:04 - Sarah Taylor

It is, yeah.

00:13:04 - Heather Taylor

I mean, we knew that.

00:13:06 - Sarah Taylor

We knew that. I'm really excited about our next set of guests, Cindy and alce, who are joining us to talk about what it's like growing up as part of a set of triplets.

00:13:16 - Heather Taylor

I'm so excited.

00:13:21 - Sarah Taylor

We'd love to hear you tell us a little bit about yourselves.

00:13:24 - Cindy

Yeah. al, you want to go first? You're older by a few minutes.

00:13:27 - al

You go ahead.

00:13:28 - Cindy

Okay. I'm a triplet by five minutes. We're 47 years old, both of us. What else? I have a husband and two boys, 17 and almost 15. Grew up with parents that immigrated from former Yugoslavia, now Croatia. Currently I'm unemployed. I'm in transition trying to get a job as a 911 dispatcher with the Edmonton police.

00:13:50 - Sarah Taylor

Oh, cool.

00:13:51 - Cindy

I love sports, I love camping. I feel like this is a tinder.

00:13:57 - al

I don't know, we're just writing your.

00:14:00 - Heather Taylor  
Hinge profile right now.

00:14:01 - Cindy  
Yeah, exactly. I love eating. I love working out.

00:14:05 - Sarah Carroll  
What else?

00:14:06 - Cindy  
Yeah, that's a little bit about me. We have an older brother as well who is six years older than us. I think he wanted a brother. He got three girls instead. I was actually like the little brother for him. I was a tomboy growing up. My parents came with \$200 in their pocket.

00:14:21 - al  
Wow.

00:14:22 - Cindy  
From there and raised. Walked uphill. Yeah.

00:14:25 - al  
-30 that's the story.

00:14:27 - Sarah Taylor  
Walked uphill both ways.

00:14:30 - al  
That's awesome. So yeah. My name is alce. Thanks so much for having me. I'm super excited. Like Cindy said, born in Edmonton, edmontonian, born and raised circa 75. I've been a nurse for over 20 years and recently in dementia care. So yeah, I've always been excited to learn about the brain and body connection and how we thrive and learn in different environments. But being a triplet has given me a different insight. Definitely exposed to the nature versus nurture conversation. So having similar environment and similar genetic makeup, but also having individual unique traits that we have and express in ourselves. I'm married to my soulmate Nathan, and I have two amazing boys, Samuel and Maxwell, who know in lieu of the recent years with COVID had been a testament to brain development and resilience and growth. Just showing me as a mother how amazing your brain is. And I'm a Pisces. I like long walks. No, just kidding. I enjoy trying new things and doing this podcast definitely is stepping out of my comfort zone.

00:15:43 - Heather Taylor  
So what was it like growing up as a triplet?

00:15:46 - Cindy  
My experience was I always had friends to rely on each grade that we went to. You know how for most people they get nervous meeting new friends or making connections? It was good, but



it was bad because I relied on it too much. To be honest, growing up I didn't make an effort to make friends that much. It was whoever my sisters made friends with, those were my friends, but my sisters are always there for me. So I was super, super shy growing up. I kind of did a 180 later in life, but I was so extremely shy that literally, I relied on my sisters growing up for a lot of things. So, growing up with jasmine, my identical triplet sister, we were closer because we were identical. We weren't as close to. al was kind of like the rebel, which was. Now that I look back, I wish I was more of a rebel. And me and jazz were closer, but at the same time, I found it very competitive with jasmine because we were directly compared. So in that sense, it was hard, but we were so close. We had the same similarity. We liked the same hobbies. We played soccer, both of us on the same team. Where I found that al kind of. I don't want to say, well, I'll say a black sheep, but not. She stood out because she was the paternal one, and a lot of people actually thought she was our older sister. So that must have been hard for al. Had a different experience than I would have had. I grew up listening to everything my parents said. I told the line, I don't want to say I was a favorite.

00:17:18 - Heather Taylor

It all comes just on the record.

00:17:21 - Cindy

That's just some of the things that were similar or different.

00:17:24 - Sarah Taylor

What was it like for you, al, being that there was triplets but identical twins, and you were the fraternal twin? So that must have been an interesting dynamic for you.

00:17:35 - al

Definitely a unique experience. I would consider it, like, we all kind of fly our plane in life and journey through different highs and lows, and I would consider my sisters my co pilots.

00:17:48 - Sarah Carroll

That's sweet.

00:17:49 - al

Yeah. And I actually had this. always observed the number three. Like, I have always recognized it as an important number to me. I notice it more, of course, being one of, you know, you see the pattern of three in a lot of different things, and I remember my sister Jasmine telling me that when you make a knot, you need three to make it stronger. Like, if you just have two, it falls apart. But three really strengthens that knot. So I recognize three in a lot of different things. I'm the middle child. I was different. So I think being different physically and then looking like the older sister, I kind of went through milestones a lot quicker and did it first. So I paved the way for my sisters at the same time, shared milestones and warned them of things not to do. So I learned a lot, and also, being a triplet, it was automatic for me to share everything. And sometimes that also tended to be like oversharing or stepping over boundaries. That was something I learned later in life because I just thought that was the norm until I stepped out of that environment. So I try to be a minimalist, but, well, at the same time, Amazon's knocking at

my door every know it's a. It is definitely the number three. And just being one of three has always been something that I cherish. And at the same time, it can be a very lonely place just being the ball or the black sheep. And I was thinking about how geese are formed in a v shape. There's three points and there's that person in the front when they get tired. Then the other two kind of step around and go to the front. And that's how the v kind of helps with the resistance. That's how I think of it metaphorically with us three, that when one of us is kind of lagging behind, the other two kind of come up and step up and support and raise each other up. So I always feel like I have, like when I look in the sky and I see two birds, I'm like, where's the third one? That's what I automatically. And I look for that third bird, I'm like, oh, there I am. And that's how I feel that day. Kind of interesting how I look at things differently in the environment.

00:19:54 - Sarah Taylor

That's really cool.

00:19:55 - Cindy

I would say it was different growing up as it is. Opposed to now, though our relationship in a supportive way, I find that we're even more supportive now. When you're growing up, you don't know any better sometimes. And you just kind of fit in the role of what your parents expect you to do. Once you're out of that environment, then your personalities change, right? Because it's part of the environment that you're. So now we each have our own family, and I find that all three of our personalities have changed since being together. Living in one house together to now all being separated. I'm way more independent. I know I've changed quite a bit.

00:20:26 - Sarah Taylor

It's interesting because Heather and I are not twins or triplets, but growing up, Heather was the one. Like, I was super shy and I didn't talk and Heather would talk for me. So there came a point because our parents divorced. So we would go to my dad's family to visit and Heather would do all the talking. And then there came a time when Heather moved away. She moved to London. And so it was just me. I had to learn to use my voice. And then I shifted, too.

00:20:50 - Cindy

Very interesting, because I was super, extremely shy. If you ever knew me as a child or even as a teenager, early 20s, it didn't change until I actually had Owen, my first born, where I forced myself, I remember one day to walk to a mom's group, people, and it was probably the most terrifying day of my. Like, it was so scary for me because I was just like you, Sarah, where I was so shy, and I relied on my sisters and they spoke for me, and I just kind of rode the coattails of my sisters. So now I was forced to speak, too, like, have my own voice, and, man, is that ever awesome. Hey, to have your own voice, once.

00:21:29 - Sarah Taylor

You get over the scariness of it, it's like, oh, wait a minute. But there's comfort in knowing that your siblings and your family are there to support you. And the days when you just, like, I loved your analogy of the geese flying, and I feel like we should all have that in life. And so it's very special that you had. I'm going to get emotional that you had that support there, that you have

somebody that you can rely on, even that you're not in the same house anymore, that you still are able to support each other like that.

00:21:57 - Cindy

Yeah, we always have each other.

00:21:58 - al

always, forever.

00:21:59 - Cindy

It's just a bond.

00:22:00 - Sarah Taylor

Yeah, that's great.

00:22:01 - al

I just thought of your first podcast when you talked about identity, Heather. You said you spent your younger years and your younger life trying to mold into a system, trying to fit into a system.

00:22:12 - Heather Taylor

Yeah.

00:22:13 - al

And I think about the system of family, right. And that dynamic of being the different one myself. I always tried to fit in. I didn't know where I belonged, so I'd be like, oh, I don't belong with those two. So I automatically would shrink myself to make myself belong to that group. I used to slouch because I wanted to be the same height as them because I was a lot taller and I wanted my hair to be straight, straight like theirs, and I wanted to have beautiful skin like them, and I resented them for that. But I would be like, I want to be like them because then my life would be easier and I don't have to stick out. So I would shrink myself or I would be quiet and not use my voice. But I did take on the role of caregiver, pave the way, kind of.

00:23:00 - Cindy

I was the caregiver. It's right. You're not taking that role away from me.

00:23:03 - al

Oh, sorry. Okay, people pleaser. Just trying to find a way to get validated in that system, of that family just so I can be acknowledged and feel like I belonged. And so I looked up to my brother a lot and found that I would kind of lean on him and try to take some of his identity. Maybe I'd adopt his musical taste, because I was like, where do I fit in this picture? They have the same hobbies and the same friends. My brother is six years old, or he has his own thing. I'm kind of just floating along. But at the same token, it did teach me that being the one kind of always to resolve the conflicts between the competition and always being the one to mediate or be the team player later on in life, automatically, it was easy for me to join a team or be part of a collaboration or work in healthcare. That transition was intuitive for me, and I think I look back now and I'm reflecting, and I'm like, wow. I have these extra strong intuitive skills as a nurse. I

am the eyes and the ears for the team out in the community as a geriatric nurse, because I grew up in that system, that environment. So that environment expanded further into community and into how I had those skill sets which I carried along with me, which I considered at times very lonely and very challenging, but helped me grow as a person.

00:24:25 - Cindy

Yeah. Looking back now, I recognize what al went through, more so now than when during the time, and it must have been really hard as the paternal triplet. I can't imagine, but, yeah, al, it's funny that you said that you wish you had the same skin as us, or, like, clear complexion or whatever. It's funny because when I was growing up, I don't know how many times I wish I was jasmine, because everything, even though we were identical, everything seemed to be easy for her. Like, all the boys liked her first, and so I would just get the but so same thing. It's so funny that al say you wish this or that. Even though I was identical with jazz, I still wished I was not.

00:25:10 - Sarah Taylor

I feel like that's universal. We're all looking to somebody else, be like, oh, they must have it better than me when we're not inside. And I'm sure Jasmine would say something different to the both of right? So. But it's interesting to hear that as, like, an identical twin, one of the identical triplets to you still wanted something else from, even though the person looked just like you.

00:25:30 - Cindy

Right. al might have thought, oh, I had it so good, kind of whatever. But it's funny how we don't know what's going inside our head. And then when you look back on it, when we talk about it, it's like, oh, really? It's really cool. Now figuring out.

00:25:43 - al

That's a good point. I feel like I didn't have always to be better compete. At the same time, I didn't have that person that I look to compare with as much, but I did compare, like everybody compares when they're in formative years of growth and development in school. And my kids do it now, and they say, why does this person have this and we don't have that? Or, why can't I have this? And Cindy was saying how she looks exactly identical to jazz, but she still wished she had some different features that jazz had or different abilities. And I think one thing that I noticed that we had that was similar was kind of our ideals and our values about things that were taught to us. And I think across the board, like, probably with all of us siblings, was a feeling of equality and fairness and that things should be shared. And just having that attitude of gratitude was automatic for us, because for all four of us children, times were tough trying to feed a whole family and also get through all the different milestones of school and health and wellness. It's not an easy journey for my parents.

00:26:58 - Cindy

Right.

00:26:58 - al

So, I think that similarity we had there, but the difference maybe was obvious. The physical difference was obvious, and the physical wants and needs were different.

00:27:07 - Cindy

Yeah. And there's pros and cons. I think, for al, she had her own identity at an early age, whereas me and jazz actually, I feel like I didn't really have my own identity until much later in life. I just felt like me and jazz were painted with the same brush kind of thing. I'm sure it was very hard for al to be the fraternal sister, but I did envy her in the fact that she did have her different taste in music. She had her different tastes, guys, even different tastes in hobbies, whatever book that she read music, whereas me and jazz were so similar, but at the same time, it's like we were kind of like the same person now as adults. There's a lot of differences between me and jazz now that I'm noticing that I never noticed before. So that's kind of cool.

00:27:49 - Heather Taylor

Do you think that some of that was some things that you brought to yourself, or do you think that other people kind of put that on you, this idea that you needed to be the same?

00:27:58 - Cindy

I think it was a bit of both. I felt like we'd walk in the mall somewhere and a stranger would be like, oh, look at your twins. And it was almost like it was ingrained in her brain. Like, we look alike, we look alike, we're identical. So a lot of that was maybe why we were so similar is because we were expected to be similar, I guess.

00:28:15 - Sarah Taylor

Yeah.

00:28:16 - Cindy

And same with al. Maybe you had a self fulfilling prophecy that, hey, I'm the black sheep, so I'd better act like the black sheep.

00:28:21 - al

Right.

00:28:22 - Cindy

It's kind of like it's. Sometimes you're putting it into your own.

00:28:25 - al

What society thinks to meet the needs of society.

00:28:27 - Cindy

Exactly.

00:28:28 - al

And I agree with Cindy in the fact that sometimes it was just easier when I saw somebody in public or somebody asked. Children would ask a lot of questions, and sometimes they would be

mean or bully me and say, oh, why are you different? You're the ugly duckling. Or they would say mean things. And if someone said, are you guys twins? To my sisters, I wouldn't say and jump in and say that we're triplets, I wouldn't correct them. I would just hope that that's where the conversation ended. And I was just the older sister. I didn't want the focus to come on to me. So I would just be like, oh, yeah, let's just keep moving. Let's walk away.

00:28:58 - Heather Taylor

How has your relationship changed, though, from being the kid to now? And when did you start talking about maybe some of these things we're talking about today?

00:29:06 - Cindy

Last night. No kidding. Last night. I'm joking. Actually. Me and al, I find that we're a lot closer. And there's actually a lot of similarities between me and al than al and I. al and I. Sorry.

00:29:21 - al

That was a perfectionist of me.

00:29:24 - Cindy

More than I realized just in the last, like, I don't know, ten years, eight years, even more or so in the last two years, we've connected quite a bit.

00:29:32 - al

Can I interject there, Sid? Go ahead, al. Yeah. Because that's what triples do. They interrupt a lot. I think it's just because we're trying to get each other's voice in.

00:29:42 - Cindy

Yeah.

00:29:42 - al

There's this inherent triple speak where sometimes we try to get a word edgewise. And I've learned over the years that I need to listen better. But I hear what you're saying. Sim, but I just want to say this before I forget that the similarities now with Cindy and I is we both have two boys. And I think that I really lean on her for advice because her boys are a lot older than my boys. So I automatically go to her for a go to to get support and advice. Because it's tough raising children and especially the last couple of years as we got older and closer, that I know I can count on her and she won't judge me. And with Jazz, I feel like she was always more of a quiet, introspective, and very good listener. Over the years, I feel like I've connected to them and gotten closer to them both in different ways.

00:30:28 - Cindy

Yeah. Jazz is more of the even now, the quiet comfort, more of the feisty. If you mess with my sisters, I'm coming after you. She was the smallest one, too.

00:30:41 - al

That's the funny.

00:30:44 - Cindy

Run from that way. I'm noticing me and Jasmine are different. Even now. Jazz is just that soft comfort. Like she's always been, like a warm blanket.

00:30:52 - al

Hey, I was going to say that you stole that.

00:30:57 - Cindy

It's true. Jazz has that really warm comfort.

00:30:59 - Sarah Taylor

Not to bring it, just keep bringing it back to me and Heather, but it's just so. Or Heather and I. Heather and I.

00:31:07 - Cindy

See.

00:31:07 - Sarah Taylor

And Heather would correct me on things, too.

00:31:09 - al

That's hilarious.

00:31:10 - Heather Taylor

Not always, but not always. Yes, I would. 100% would.

00:31:14 - Sarah Taylor

Yes. But Heather's very much like, get it done. There's a problem. Okay, I'm here. I'm ready. Let's solve this problem. And I am not like that. I'm more of like, let's talk it out. Let's listen. What can we think about?

00:31:27 - al

Yeah.

00:31:27 - Heather Taylor

And I've had to learn to ask, like, do you want help solving this, or do you want someone to just. That's the question that I've had to learn to ask people because I automatically. Okay, so, did you try this? Did you try this? And my husband's like, please, I just want to just talk about this.

00:31:46 - Sarah Taylor

I would get frustrated, be like, no, I just need to complain, or, I need to get this off. And Heather would be like. Then she would get frustrated at me because I wasn't wanting to fix it, because I wasn't ready to fix whatever. So, it's been interesting to hear you tell the stories of your sibling dynamic, where your three triplets, born at the same, essentially the same time. It's so similar to me and Heather, who are four and a half years apart, so it's just like, it's so cool.

00:32:10 - al

It is cool. And it definitely just shows that strength in family and also how people lean on each other and do glean different strengths from each individual's offerings, and then you kind of just expect it, right?

00:32:25 - Sarah Taylor

Yeah. Well, that's interesting, too, hearing about the shift in personalities as you gotten older, there's, like, a built in dynamic where you're like, oh, no, this is how I'm supposed, like, you talked earlier, being in the family environment, this is how I'm supposed to be. So this is the role I'm playing. And then you step out of it. You're like, well, maybe I don't want to play that role anymore. Maybe I'm going to do this.

00:32:45 - Cindy

I don't want to be the mother hand anymore. I was the mother hand growing up, and then now it's like, yeah, I'm just going to do my thing. And if you guys need help, just give me a call on your own.

00:32:56 - Sarah Taylor

I'm breaking free.

00:32:57 - Cindy

It's funny how you said that, like, how you're four years how old apart. You guys are four years apart.

00:33:01 - Sarah Taylor

Four and a half ish.

00:33:02 - Cindy

Yeah. And it's funny, though, because even though I'm only three minutes and five minutes apart from al and Jasmine, it's the same thinking. It doesn't matter if it's five minutes or four years. You still feel like you're the older sister. You take that role on the middle sister syndrome, the third child, you still play the same role. We just go through the same grade together, the same everything else together, but we still have the same dynamics as sisters who are four years apart.

00:33:29 - Sarah Carroll

Right.

00:33:29 - Heather Taylor

How does your brother feel having triplets?

00:33:32 - Cindy

Oh, God. He wanted a brother and my parents, to be honest, I think they wanted a son for him.

00:33:37 - al

They wanted two, I think, for sure.



00:33:39 - Cindy

And she didn't know she was having triplets? She didn't know she was having. She thought she was having one baby. They didn't do ultrasounds back.

00:33:46 - al

Or maybe twins.

00:33:47 - Cindy

Maybe twins because she was big.

00:33:48 - Sarah Taylor

Wow. So your parents didn't know until you were born?

00:33:52 - Cindy

Yeah, she fainted, actually. They looked and they're like, you have a second one in there. So she pushed al out. I was out first, then al, and then they said, oh, my God, you have a third one. And she actually fainted. They had to wake her up.

00:34:03 - Sarah Taylor

Oh, wow.

00:34:04 - Cindy

So she had no clue. And, yeah, she got three girls and.

00:34:07 - al

We were two months premature, so we were not on time.

00:34:11 - Cindy

My brother was really spoiled as an only child at first for six years, maybe he was a little bit bitter about that. I was the brother for him. I was such a tomboy. So me and him, actually, he would shoot. I remember tennis balls at me. I was a goale in the basement. I wanted to be a hockey goale, NHL hockey goale. That was my dream. He would stop at me and I had a few bleeding noses and stuff. So me and my brother actually hung out quite a bit for that, in that sense.

00:34:35 - Sarah Taylor

What a shift in dynamic from that only child to a brother of three girls.

00:34:43 - Cindy

He's protective of us. He took on that role. He took care of us more than we realized back then. But now that I look back, he actually was quite the caregiver.

00:34:52 - al

What a challenge for him. Yeah, definitely. And now he's blessed with three girls.

00:34:57 - Sarah Taylor

And none of you have had multiples in your life? Nobody else in your family?

00:35:01 - Cindy

No.

00:35:02 - Sarah Taylor

How do each of you deal with taking care of your mental health? Has that been something that's similar or have you experienced different things?

00:35:08 - Cindy

Actually, me and al are more similar now. I do see a therapist if I need to, if there's things that I can't, if I'm overwhelmed. I would suggest that to anybody, actually, because you don't have to have anything, it doesn't mean there's something wrong with you, but it's very good to hear, like an objective opinion. Right?

00:35:24 - Sarah Taylor

Totally.

00:35:25 - Cindy

They can talk you through things. So that's one thing I do. I go for massages every two weeks.

00:35:31 - Sarah Taylor

That's the best I do.

00:35:33 - Cindy

I spoil myself. I listen to music. Music is actually very therapeutic for me. So every morning I put music on. First thing I do is put music on. And that's how I start my day.

00:35:42 - al

I box.

00:35:43 - Cindy

If I get mad, I go downstairs and I hit the bag really hard.

00:35:47 - Sarah Taylor

That's great.

00:35:48 - Cindy

I always have to make point of connecting with my friends or family. Very therapeutic for me just to see my friends and family.

00:35:56 - Heather Taylor

That's fantastic.

00:35:57 - al

What about you, alce?

00:35:57 - Heather Taylor

When did you start thinking about your own mental health?

00:35:59 - al

Oh, boy. No, I appreciate this question. It's a hard one, though, because it sometimes can trigger you and I have to breathe through it. Just talking about it.

00:36:11 - Sarah Taylor

Wasn't supposed to cry at this part.

00:36:12 - al

But anyway, yeah, mental health is a tough thing to talk about, but the more we talk about it, the more comfortable it is as part of a natural conversation and flow for everyone. Because as a nurse, a lot of times the old generations would focus more on the external, overt physical symptoms. And now I realize that the mental and the physical are all connected and how important that is to acknowledge that as a healthcare provider, especially in lieu of COVID the last couple of years. So for my mental health, I really have dug deep the last couple of years because I had a long journey with my mental health. The way I think of it is the way we manage any disease manifestation in our body. I don't look at it as a bad thing. I look at it as a signal or something that I have to ask myself, what do I need? Yeah, I had a lot of mental health issues that manifested into some physical things, but, like, postpartum depression, severe anxiety. But just like a diabetic, I have to manage it with my health care plan. And my health care plan is always to. I think of it as ABCs. Like, I have awareness of myself, and if I'm feeling my dial go up or down, I have to be aware of what do I need right now, what's happening around me in my environment. And then I think of b as balance. Like, is everything balanced this week? Did I have too much alone time? Because when I get stressed, I go inwards and I don't. Opposite from Cindy, I tend to kind of go into the bunker and just hide and become very distant, disassociate and disconnect. And that sometimes can be interpreted as not communicative or ghosting. I've learned that along the way, how that's maladaptive. And then c is, I think, one of the most important. C can be multiple different words, but c can be connection, compassion for myself and others, and c could be self care. But have I done those things this week? Or where am I at today? I don't focus so much on the actual anxiety. I just look at my anxiety as telling me, oh, okay, well, this is where it's at today. And I recognize maybe I missed my meds yesterday, or I didn't get enough sleep, or I'm nervous about this podcast. I'm stepping outside.

00:38:40 - Sarah Taylor

I love the ABCs. I think that's something I want to adopt in my world. I think that's so brilliant.

00:38:45 - Cindy

Thanks for sharing that all.

00:38:47 - al

Yeah, no, I stole that from, probably from, like, one instagram post somewhere.

00:38:52 - Sarah Taylor

It doesn't matter. We're spreading.

00:38:56 - Heather Taylor

The ABCs are really good for anyone because it's the same thing that I've had to readjust my thinking with. The way that my brain was formed is just like, okay, my brain needs certain things, and if I work till three in the morning, it's not at its full capacity. So I'm making mistakes and I'm not seeing them or if distracted. So how do I create better environments for myself and create that balance? So I think it's the same for anyone. It should be the same for everyone across the board, regardless of whatever way your brain is formed.

00:39:32 - al

So, Heather, on that note, that goes back to your quote about, we don't need to change our brain. We just need to change the environment that our brain is in.

00:39:41 - Heather Taylor

Yes. So I specifically have a therapist that deals with ADHD so that I can learn about ways that I can find a better path that helps me work better as a human in the world and thrive. And thrive.

00:39:57 - Sarah Taylor

Watching Heather go through her journey of being officially diagnosed and then kind of going back into life, and I've been watching Heather forgive herself, and it's been really refreshing to see that she is learning to love herself again, or maybe for the first time, I don't know. But all the things that she did were never. As her sister, I never looked at her like, oh, I never looked at it as a bad thing. It was just, that's just, that's who Heather is, and I still love her, and she's great as she is. Right. Glad. So seeing her get the diagnosis and then the positiveness that has come out of it of just her acceptance of who she is, has been amazing. So now if anybody ever is saying, oh, I think I'm this, I'm like, go check it out, investigate, be curious. It could change your life.

00:40:43 - Cindy

It does change your life. I feel like my confidence level, I used to never be confident. I was always looking for other people's approval or even if I knew the answer to something, I did this my whole life, I would still ask just to be fake because I was scared of making mistakes. But I've grown more in this past year than my entire life. That's the hardest part, is learning to love yourself. If you don't love yourself, then how do you do the rest of life? Right. Everything becomes harder. Just learning to love myself as well. Things are easier now for me. Yeah.

00:41:13 - al

And actually that resonates with me. Just like growing up being the black sheep and I didn't love myself, I would always compare or not have that confidence and then realizing now, this is my brain, this is how it works, this is how it responds to different stimuli and environments. This is what I have to deal with. I have to find a way to navigate. This actually feels freeing in a way, because it is freeing.

00:41:41 - Cindy  
Very freeing.

00:41:42 - al

A lot of women aren't diagnosed not just with mental health, but with women in mental health and looking at different stages in life. So as we change through adolescence to midlife, to menopause, to older adult, there's all those societal impacts that pressure us and pressure us and pressure us to be a certain way, to be a certain construct, to be in a certain light, and then now to be able to say, as part of my health profile, I have anxiety, and I'm okay with that. And I had postpartum and 20 years ago or 50 years ago, my mom, maybe she had that, I don't know. But it wasn't recognized back then. It was more of, like, if you have something wrong, you're not doing good enough. Now, we don't need to label it. We can identify that this person went and acknowledge it. And just like, what we're going through right now in the world, globally, we're acknowledging a lot of things, and it's just all kind of fast forwarding to me, like, what's happening with black lives matter and with recognizing all the traumatic things that happened in our own land and country and how indigenous people were treated. And all those things, to me, resonates within, globally, and then individually, as each of us move forward through this, collectively. So I feel like now mental health is going through this kind of slow, progressive movement where I can talk on a podcast and feel safe. And the old alce 20 years ago, would have really hid that part of me and kept it in a box with a key and been struggling through it, saying, nothing's wrong, and I just want to fit in, and I don't want people to see any of the darkness. I just want them to see the light and maybe put on a mask just to hide it. Yeah.

00:43:36 - Sarah Taylor

And I would have, 20 years ago, not thought I would be doing a podcast openly talking about my mental health. So this is a good sign. I think there is a shift.

00:43:46 - al

There's a shift, and there's less judgment. I feel like.

00:43:49 - Cindy

I feel like our kids are in a better place than we were. It's not like a faux pot to see a therapist, for example. That's a common thing now, so they don't have to feel scared to go see somebody or talk to someone or.

00:44:01 - Heather Taylor

Take medication in saying that. I think part of it is because we're starting to see that type of thing on television and media. So I want to ask you, this is kind of a little bit of a segue, but do you ever see yourselves represented as triplets? Or even if you think about identical twins, do you find yourself represented at all? And what would you like to see?

00:44:21 - al

I feel like recently, and because my son is in love with this movie, encanto, each time I see it, I get a different. Like, I cry every time, but I get a different insight every time I see it. Bruno's one of the main characters, so in that movie, I felt a lot of similarities with Bruno because he was the

outcast. And I felt I could relate to him because I was the outcast in a lot of ways. Breaking the mold or doing things that my family didn't feel was appropriate or perfect or, you know, like Cindy said, I would pave the way for my sisters and be a little bit of a rebel, know, not kind of fit into that square.

00:45:05 - Heather Taylor

What I loved is at the end, the triplets just accept each other immediately. Like, Bruno comes back and they hug him and they're like, you don't have to explain anything. Like, you are one of us.

00:45:14 - al

Automatic hugs.

00:45:16 - Cindy

That resonates, actually, with just us now, even. It does remind me a lot of what you probably went through, al. And now that we're adults and now that I look back, I have more of an understanding of what you've gone through. And I feel like I just want to give you a hug and say, you don't have to explain anything. And it's actually heartbreaking for me to even think of some of the stuff you went through as a fraternal sister.

00:45:39 - al

Well, I didn't live in the walls or anything, but I did have my own bed, and I didn't have to share all my clothes with you guys because I was way taller and had bigger feet.

00:45:48 - Cindy

Me and Jazz would fight. Actually, that's one of the things, is we fought constantly about clothes. I remember one day, and this is university, we're in our twenties and still living at home. I bought a new outfit, and I folded it nicely on my bed for the next morning. I woke up and she had it on, and she was just about to leave to go to university. I chased her around the house, screaming at her, and then she tried to get out the back door. She put her hand on the door handle, and I actually bit her.

00:46:15 - Sarah Taylor

I bit her arm.

00:46:16 - Cindy

I left cheekbox in her arm. That's how you're like, what, 21?

00:46:19 - al

I think we had anger issues.

00:46:22 - Cindy

Yeah, I guess I didn't tell you about that part. Yeah, we fought a lot. And, al, I'll just tell you right now, probably has the strongest kick I've ever seen. When she got mad, that was a giraffe. I remember we were younger, and my parents promised us to go swimming the next day if we

were good. I'll take you swimming if you didn't pee the bed. That's what it was. Okay. I used to pee the bed.

00:46:43 - al

Sorry, son, threw you under the bus.

00:46:44 - Cindy

Fine. I used to pee the bed, which is fine. I had a small bladder, and my mom said, okay, if you don't pee the bed. I'll take you guys swimming. The next day, sure enough, I was dreaming about swimming, so I peed the bed and I peed, and I was horrified. And al was so mad at me that she actually went and kicked a hole in the door. It was the funniest thing, that story.

00:47:05 - al

I don't know why I suppressed that memory. I suppressed it. I don't remember kicking this hole, but I do remember that emotion and that energy and that emotion of being always having to coddle Cindy and always protecting her. And my parents would always make excuses.

00:47:18 - Cindy

For her because I had a fiery temper.

00:47:21 - al

Yeah. So we'd always have to just make reservations for Cindy. And I thought, okay, finally we get to go to do this fun thing, and now we don't get to because she's fucked up. Oh, sorry. I just thought of something about, you were saying about movies and how you would like to be portrayed. And I was just thinking about. I would like to see more. When you see twins represented in media and in tv, I always tend to see, like, there's twins in arrested development, that show, and there's the twin that is trying to put back together this family and save them from debt. And then his sister is, like, the opposite twin. There's always a dichotomy of opposite with twins and then with triplets. It's a little different, right, because there's a third person, but there's always, like, the evil, good and bad. But I feel like inherently, we all have those traits overlapping. But what I like to see more in film is, like in the movie frozen, more about focusing on family and dynamics between family, not just that romantic escapism where the hero is the prince charming or whoever, but in frozen, the two siblings, the sister was the hero. And I liked how they raised each other up and supported each other and saw through to the end to fight through their inner battles and conflicts. And what you see in that movie is representing, like, strength can be right in front of you when you don't even realize it, and you're looking for it externally somewhere else, and you're looking for that hero or that savior, and it's right there. It's that sibling, or it's that family member or your pet, or it's someone else. Recently, I just saw the Adams project. That movie is one of those movies I have to watch more than once because I think it provokes a lot of thought. And just about the relationship in the movie was the relationship with himself. And a lot of movies don't talk about that, and he was talking about his relationship as a youth going through losing his father and how angry he was and that emotion and how it carried on, and then how he had to come back in time to reconcile with those strong emotions that he never reconciled with before. And I want to see that more in movies about just going back to self and looking at not painting labels or brushing strokes. Like, oh, the twin.

There's a good. And the evil. It's more about how were they interacting with each other, and how did they support each other, or how was it.

00:49:43 - Heather Taylor

Challenging, you'll see in movies and things, or just pictures of kids always having to wear the same clothes when they're triplets.

00:49:48 - Cindy

Oh, my God. Color coded.

00:49:50 - al

Color coded, yes.

00:49:52 - Cindy

It was awful.

00:49:53 - al

Pink, yellow, and blue.

00:49:55 - Sarah Taylor

Oh, so, like, you each had to wear your own specific color.

00:49:58 - Cindy

Yeah, but the same clothing, but different color.

00:50:00 - Sarah Taylor

Oh, my goodness. That's amazing.

00:50:01 - Heather Taylor

A lot of times, twins trick, right?

00:50:03 - al

Oh, we do play jokes on each other. Yes.

00:50:05 - Cindy

I actually would pretend I was her on the phone if her boyfriend would call. I went on and on with. He's actually married to Dallas now, but Dallas called one time, and I don't know why. I was pretty evil, actually.

00:50:18 - Sarah Taylor

Oh, maybe there is an evil.

00:50:20 - Cindy

Yeah. I would say I was the evil one. I had to test. I could have just done it for 30 seconds in, but no, I decided to carry it on. And then after, he's like, we would play jokes like that. A lot of the time, guys would get confused with us. I remember we used to have fake colored contacts. Jazz



had green eyes contacts, and I had blue. My husband, now Rob, we were all friends with his sister Megan. First, Megan was trying to set Rob up with either me or jazz because he didn't know who. He just knew he liked. When he first met us, he's like, I don't know which is which, but I like them. Yeah. And I remember he asked her to play, but he asked her to play pool. We were at Boston detail of us, and my sister didn't understand. I don't know. She said, no. For some reason, I jumped in. I'm like, no, I'll play pool. But to be honest. But then he just remembers the blue eyes. He said he liked the girl with the blue eyes. So that's how he told us apart because of our fake contacts. And so then I'm like, okay, yeah, that's you. So it was kind of neat growing up for me and jazz. I guess al didn't have that opportunity to play games.

00:51:22 - al

We could do it in other subtle ways. Definitely on the phone because we had triple speak and similar voices and similar laughs. They confuse my kids still now, my kids are always like, which auntie is that?

00:51:34 - Heather Taylor

Is there anything that you would like to say that we didn't cover, that you'd like people to know about being a triplet or your experiences, that it.

00:51:42 - Cindy

Has its pros and cons? I mean, a lot of people are like, oh, it's so cool to be a know. And it is. It's like when I tell people that they're, oh, my know, I never triplet before.

00:51:52 - Sarah Taylor

I think I said the exact same thing when al told me that she had a triplet. I was like, what?

00:51:57 - Cindy

You're a triple? Oh, yeah, I get that reaction all the time.

00:52:00 - al

Yeah, I definitely cherish that I got that experience and still have that experience. Moving forward, I think my sisters and I will sign up to be hopefully in the same nursing home together. Well, maybe we'll have our own home later in life. We're going to live to be 100. I think we're going to be centenarians. I think it's definitely something I'm grateful for because I know that I always have someone to lean into and support, and I can just be my authentic self. And doing this podcast just basically highlighted that uniqueness that we have is not a common thing to be a triplet. And I've only met another one triplet. And it was just when I was doing my nursing practicum up north, I was working and I met a geriatric lady in her late 80s who was a triplet. And I thought, oh, wow, this is so cool. And she shared some stories with me about growing up as one of three.

00:52:53 - Cindy

Did she have two sisters? Brother? Do you remember?

00:52:56 - al

Three girls? That was the only other triplet I met.

00:52:58 - Cindy

I would love to talk to another set of triplets myself and just see what their upbringing was like and how they grew up and just to see if there's any similarities and environment, because I've never met a triplet, so it would be kind of cool to. That's your job. Sarah and Heather, you guys have to search for other triplets.

00:53:14 - Sarah Taylor

We'll do a part two. We've learned so much. It's been so fun to chat with.

00:53:19 - al

You for having us guys.

00:53:21 - Heather Taylor

Thank you so much for giving your time and being so open with us. And I think, again, the more that we talk about our experiences, the more that other people will find similarities. So I think it's just so helpful for us to talk about our life experiences with each other.

00:53:38 - al

Yeah. Thank you so much. What I wanted to share a word that I shared with Cindy last night was it's not easy to do these kind of things. And I think I'll call it, like, not being vulnerable, but being vulnerable. Brave vulnerability. Because it's not easy to put yourself out there and talk to other people about your life experiences growing up because it can sometimes trigger those emotions. And that's okay. You just observe it and flow through it, and it's all good because I know that it resonates with other people.

00:54:07 - Cindy

Yeah. If you could just help one person. I'm about helping. If I have to share my story and it just helps one person, for.

00:54:15 - al

Me, that's a win.

00:54:17 - Sarah Taylor

Yeah. Well, we appreciate it, and I think the listeners will appreciate it, too. So thank you so much.

00:54:22 - al

Thanks so much.

00:54:23 - Sarah Taylor

Thank you. Bye bye. I can't believe how many similarities we had as us as a set of siblings that are four years apart as to what they had as triplets who are three, five, two minutes apart. Minutes. So in the dynamic of the older sibling, the middle sibling, the baby, or the younger sibling, it's just birth order. I don't know. We might have to do another episode all on birth order and that kind of stuff because I feel like there's these stereotypes of the middle child, but it seems to be true. Yeah.

00:54:59 - Heather Taylor

I'm really curious how much of that is put upon us. Again, we ask them, what's put upon you versus what do you do yourself? And I think it's a mix of that. It's a mix of what we see and what we experience in the world. It's, like, extremely fascinating. I think this is kind of getting to the end of our episode, so we have to end with our awesome things.

00:55:18 - Sarah Taylor

Awesome things.

00:55:19 - Heather Taylor

Awesome things. all right, so I don't think I'm going to be having a career as a singer, but that's okay.

00:55:27 - Sarah Taylor

We'll just keep practicing.

00:55:28 - Heather Taylor

We'll keep practicing.

00:55:29 - Sarah Taylor

Sorry, listeners. Sorry.

00:55:31 - Heather Taylor

Making up theme songs. We need to have our brother here, this recording. We're both in Edmonton, and I'm back in Edmonton visiting my family for the first time for a long time. And so there was a big festival that had been rescheduled. It was just this past weekend, and so I've been really careful in staying inside, and I've seen no people. And so we got the opportunity to go to this festival, and so Sarah and I decided, let's venture out, but very carefully. So wearing masks and being really mindful of that, there still is ongoing pandemic going on.

00:56:06 - Sarah Taylor

Yep.

00:56:07 - Heather Taylor

One of the things that I really miss, it's a like being at music festivals, but one of the biggest things I miss is having recommendations of music, because I realize that a lot of the music that I end up loving is because someone has brought me to a concert or brought me to. Sarah was. I wasn't supposed to go on Friday night, and Sarah's like, do you want to come hear the snotty nosed res kids? And I was like, I have no idea who they are. I started listening to them. I'm like, these guys seem really went. They blew the roof off the place. It was incredible. And the audience was just amazing.

00:56:41 - Sarah Taylor

And my one awesome thing is, well, piggyback on Heather getting to go see snotty nose res kids live. I've listened to them for years, but to feel the bass, like, to go to a hip hop show and feel the music in my body was just like. I forgot what that felt like. I also forgot to bring earplugs,

but that's okay. I have to protect these ears for this podcasting and editing work I do. And then my second awesome thing is there's one performer, Shayla Miller. My daughter really likes her music, and she'll ask for it on alexa. So Tony was able to bring her with us to her show, and then she gave a shout out to Charlotte, and she's like, my biggest fan. She's here. And everybody was like, wow. Cheering for her. She got a little embarrassed, so she came out. It's a restaurant, but it's like a bar restaurant. So she thought she was at the bar, and she felt really special. And it was a Sunday night, so that we only stayed for a couple songs. And I promptly took her home to go to bed. But it was really special that we as a family, and Heather was there, and my little brother Jonathan was in town because he was performing in the festival, that we could all be there together as a family. And Tony helped put the festival together. And it was just one of those things where, like Heather mentioned earlier, we've missed music, we've missed live entertainment. Obviously affected by the pandemic, and Tony's work is hugely affected by the pandemic. And then we were all to come together as a family, to be there and to witness this, and I don't know, it was really special. It was a special weekend. Tiring, but special.

00:58:11 - Heather Taylor

Yeah. No, I wouldn't change it for anything. I mean, I'm very tired, but other than that, and extremely overstimulated that's fine. Well, thank you everyone, for coming to listen to today's episode of Braaains. Braaains is hosted and produced by Heather and Sarah Taylor and mixed and mastered by Tony Bao. Our theme song is by our little brother, Deppisch, and our graphics were created by perpetual notion.

00:58:39 - Sarah Taylor

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00:59:00 - Heather Taylor

Until next time, I'm your host, Heather Taylor.

00:59:02 - Sarah Taylor

And I'm your host, Sarah Taylor. Bye.