

GDL Salina Ringel and Caela Crawford

Welcome Welcome back to Good Day Live I'm Michelle Murad along with Kyle Trueblood Hello how are you And we have with us today Miss Selena Ringel and Kale Crawford Hello How are we doing Bravo Bravo Bravo So how are we today Of course of course of course Yeah you guys have a special coming up don't you Let's just cut to the chase We're doing a stand up comedy special Um and we're filming with a live audience This one shows 7 p.m. 8 30 pm and the title of it is 21 mic The idea was that it was my idea when I was very pregnant It just made me laugh I thought about it And so that I I into her DM on Instagram Literally I was like I've got this idea for you so cute And I was like it's funny too because I'm the kind of person who's like I only say yes if I can actually do something And then I really like I say yes I mean it and then we'll make it happen So she was like this was literally like probably over two years ago that she slit in my DM you were pregnant and your baby is about to turn one So like a year and a half or something She was like what if we did a stand up comedy special And I was like yes And then like like we've just been working towards that since that we were doing She was so good about like creating a schedule and like Google Docs and I was like oh ok So we really are doing that Yeah like like I originally just decided to like make myself feel better and then like get on it You know what Funny before she even asked me to do it I had it on my manifestation board She did So I have like a picture of like Amy Schumer with a mic on her Netflix special but it's my face pasted in front of me and then there's some babies right under it So maybe that I was manifesting two moms I'm like an inspiring wait There are babies under it Yeah I just wanted another baby So that was on there but it was it was near you should have brought it in Oh you're hilarious I thought you meant the baby And I was like call that bit the vision board vision board and Selena is so successful And so are you Kayla And I'm like this vision board I I got to get on this You got to put out there what you want this is station this is like we say what we want here and then it just happens So I guess with that being said what would you like to have happen No we did this practice the other day We just acted like it happened Yeah Yeah Yeah So we're like this is going to be on no no no no This is this is this is on Hulu HBO and Netflix There's not like a war right now offering we take Yeah but we're super excited So excited So um are the kids coming like or are they not coming to what the the kids are always They'll be calling us They'll show us good luck with the show before

they go to sleep We're gonna facetime them We're gonna film that being done and into the special So cute Do you think you guys got funnier after you had kids Oh Yeah I for sure more more tragic funny thing happen to you when you have Children I think yes I think it was your set where you were talking about like what happens when you have a baby And I was like oh my God no I I if I remember your set correctly like it was like what happens after or like right like directly after and was like what you wanted to happen before And I don't want to this is so much I don't want to give anything away but I do want to say that as a male It was actually really funny to listen to because it's like it's got to be challenging We don't know we don't even know forget about showing up We don't even know what's going on You just get to have a good time We just eat sandwiches Instead I say like my husband likes to say we had the baby That's cute We just had a child Yeah Yeah Exactly Yeah Does that irk you every time he does that But you know that's why I love our show because it is for men and women and men will come and we talk about our husbands throughout our set because they're a part of the whole time the whole time I was like we were talking about like female bodily functions and I'm still crying laughing I was like this is risky to LA and crying Like by the way I would pay to have you as an audience But you know what's funny Because I myself too I'm always like damn it Why am I not in my own show Because I'm a good laugh Like she wants to be in the audience when I'm on stage doing my she wants to be like in the front row which would be like you should do that That's really cute I mean I love to laugh and when it's funny I laugh like really laugh laugh like snot cry Like it's gross I be like rolling over my stomach Needs to hurt and it was when you were like this like yeah like for the show how do you come up with a with a stand up material Like how do you come up with that Is it just like living your life and like oh that's good I'm going to use that's how it happens for me and then I write it in my phone Ok Ok Ok I think it happens at like 3 a.m. and I'm like that's genius And then like I rolled over and I was like I forgot what I was just thinking Yeah And then you remember and you write it down So we just have like a bunch of notes But we also I think for me at least I tweak a lot of things Like there's something really funny like sometimes I don't even know what the joke is I'm like there's something really funny about this general concept And then I'm like now I need to figure out what's the funniest version of what I want to say about that concept you know and then you kind of like test out different things and you're like this seems to be the funniest version of that I think that's why as a

male I connected with both of you also because you're telling a story And then it's funny like it's it's it's not informative but it's you're taking me on a journey I love being like a journey teller Stand up there are punches throughout punches throughout It's well the sequence is great Um Where where can people we'll plug later Yeah we'll plug later But so my question is how did the stand up happen uh for you Kayla how did it all start I was doing improv and I thought I was just too friendly when I was on stage with eight people on stage And I would always be like you go no you do the scene Like people would step out and I was like you know you go you go And so I was just too nice and I thought I should try stand up because I'm the only one on stage So then I can actually give my opinion and speak up And then I started taking classes at flappers and then I took a pretty funny women class which is where we met through the shows And then I started touring with Paul Rodriguez a big comedian and that really changed things for me like seeing him do his hour long sets I was like I want to do this amazing But were you were you always like drawn to comedy Like as a little kid Like I was like a Shakespearean actress And I remember being 17 right before I went to college and my dad came into my bedroom and he's like I just watched Ellen do her stand up You should try doing stand up And I was like getting out of my room Dad I'm a serious actress Like I really thought like Shakespeare like I was doing Midsummer Night's Dream and Romeo and Juliet And I was pretty funny when I was doing and I realized I should have been doing it all along I love that So you were always wanting to be in front of a crowd on a stage theater kid But never it was never comedy until yeah I used to like musicals and plays like that but it was always like acting and Shakespeare and theater which is basically just stand up I mean you really think about it It is you're putting on your own play It is And I have to say I have to say now that I'm thinking back I want to say the things in your stand up so bad because it's so funny I'm not going to But there is a there is a part where you're like oh almost singing And you're like uh yeah exactly And the way you do it I'm like wow her voice is incredible My dad my dad keeps saying incorporate your dance bring a piano with stage Your dad like loves piano play We look at the other end Right Exactly We'll do everything perfect Yeah that's awesome I love that so much Um and then uh and then you have an almost one year old So in October October 18 0 my gosh That's amazing Oh she's got like blue eyes and red hair and she's really like she's going to be so tall and I'm going to look like the nanny next time gonna be like a stunning Adonis stunning a Donna She gets it from her mama What's her name Man I

just want to share all the funny like from their specials It was just so good not their special but like their stand up It's so good It's so good It's so good Ok I'll stop Um Yeah they just have to see it Uh Selena I know a little bit more about you but um for those that are watching that just meeting you for the first time II I remember this a little bit that when you were younger you want to be part of a mariachi band Yes So so it's funny So I'm like I've always had this being that people have always made fun of me because I really have like no shame So like if I like if there was a Mariachi band I would just get up and I would take a mic and I would just start singing and I was like set you know what I mean And like and and and this has happened to me a lot of times like where people it's like there's 200 people and someone be like oh can someone like we need someone to help like give a seat and I'm like oh hand me the mic like you know do you know what you're saying I'm like no but I'll figure it out when I get there you know So I think like that's one of the pieces that like for me has been easy but you know the the actual stand up part of it really came from I was a producer and I was doing a lot of producing Um and I kind of hit a wall at some point because I felt like I wasn't creatively doing the stuff I wanted to be doing So I took a stand up class as well for fun Like I was like I just want to play again Serious I'm like what's my five year plan What's my 10 year plan And I was like oh you know I I was like I don't wanna play Um So so I took this class and then at the end of the class we had a show and this booker for the coffee store actually saw me and he booked me for the comedy store and it like began like a whole career that I was not anticipating at all Um But I absolutely love that's awesome Yeah I I mean I had no idea how funny you were I I knew you were funny I knew you are funny person You are you are you are you produced so many projects And you were so like like you got it done It was it was it was just you were just such a go getter and all of a sudden we just found out she's funny No no No Well yes maybe that's for you What I thought I was walking around just being funny all day every day And then it was like not a surprise at all It was a complete surprise You know what it was I think there was just a uh you know you know how to wear different hats like you know how to wear like the hat that needs to be worn when it needs to be worn I take that you can put it on But like so when we came to see you I mean I well this is like now will be the third time that I see you at a show But like uh I literally was like snorting and almost peed my pants It was so funny and the people around me were looking at me like is she OK Like it was funny but like I was like literally like it hit every funny bone in my body

and I couldn't sit still Yeah it was so good That's great That's great So good I mean you killed it Um I I wrote a a show called The Charlotte Chronicles and that's how and I got connected and you played the best version of a Brentwood mom ever and she kills it She kills it So Well it's so funny And my brother said to me So I wrote the whole thing My brother said to me he goes oh the show is really funny He's like you know who's super funny Oh here we go Uh He was like Selena and I was like she is incredible This is a scene where she actually fires me Um And those guys OK where I get the courage to say like I actually want to pursue my dreams and um you know you just like kill it It's so good This is not the scene where I mean you've killed every scene but like the best scene I think was you standing outside with your um fake son your TV son And oh I love the pearls I just noticed that the pearl which is just like the pearl shoes that you have Um But this is just like yeah this is a year and a half ago Um And you're so good and look at the face like the faces that you give are just incredible And I'm just trying to like not be afraid because like because you were so so good like you became you embodied uh that person and it was terrifying to me Thank you Yeah you're welcome I actually felt like II I would like had to I was like I feel so rude We went like really rude for us and I was like I was being really rude to Michelle that we'd kind of be like Michelle are you Ok Sorry I was like yeah No no no I'm not Ok And I was like I'm not ok because it was I wrote this very much based off of my own life experiences and like what it was like to work for somebody like that It was very jarring to say the least Um But yeah you just killed it And so my brother was just like yeah this show is so funny He's like but Selena she's funny And I was like yeah she's super funny We'll have to like you know have Kayla in uh the second season It could be like the new uh the new mom on the block that like wants to share share the nanny That's good Yeah And I'm like no I moved on and that's apparently like I love I'd love to see Kayla actually as a sassy mom because I think you're so kind and I'm not gonna be really funny to see you be rude I would love to do it I would love to see both of you pushing strollers and drinking wine like down the street and like just talking about your nannies just like a bottle of rose in the cup holder or just like just literally having the rose and then like taking your baby's like bottle and like dumping it and just like I mean we're all of the above I think it's great No I'm inspired when I sit across from like people like you because you're just like so talented you can feel it It's it's vibrational it's it's it's like palpable It's so fun And um you guys have this special coming up that you're filming on the 28th Um for those that

uh are you tickets right now Ok Ok Um uh we want to play a game with you before you go if you're cool with that Um we have a new game It's called Pencil Nose and we feel like because you're both so funny Um you would uh be really great to play with Um I want to uh just let people know where they can go buy tickets right now as they're watching where can they go buy tickets So you can head to Selena Ringel or Kayla Crawford's Instagram page where you can find our event right Just click on the event right And you can buy tickets there I love them I love the hand gesture like Vanna White you can buy tickets there Yeah Also you you can also DM US and we might your tickets So I mean I'm just saying like you got the plug right here You want I like heated like she's in DM US and I'm like sweating My husband's like why are you getting all of these d after buying tickets Oh my God I love that Your husband would would Yeah Yeah for sure I know that you dated her husband for a hot second Yeah it was a very hot second Like very small not like that not like that I mean like very very short is what I'm coming out of my mouth You just repeat what you what you meant Ok So we're so if you can't like get a sense of what the show is going to be it's gonna be super fun and um a really fun time I'm really excited Uh Let's uh let's play a game or a card What should we do first Let pull a card Ok Ok So these are tarot cards that I got in Joshua tree Um I uh had a very bougie experience but these were like super hippy to me and they spoke to me and on our very first show Kyle pulled a card for the show so I guess you guys can ask whatever question you want Um If it's not positive we do not accept it So I don't know if you want to ask about your upcoming show or like where it's like is it gonna stream where we want it to Well no because I feel like that's a yes or no I feel like it should be a little more Um um Yeah tell us something uh incredible that's gonna happen for us with this special I love it I chill OK let's go Do we do it together Yeah go for it OK Which card That one that one looks good Yeah I love it We've never done this before Oh wait there's two There's two though Ok All right Remember if it's not positive we don't accept it Ok That sounds like it Ok So what numbers are they Um 35 and 7 35 and seven Ok A deep honoring is present Give and feel great Thanks now for whatever blessings have arrived or are en route to you Now join this card uh invite you to share your devotion or to outwardly express gratitude to someone or something for its presence in your life I would like to express gratitude I'm gonna go ahead and do it very good It's been a really beautiful journey Thank you I feel the same way Yeah I'm excited I feel like I call Caleb more than anyone in my life 100% That'd be so weird I don't want Yeah this is so

OK And then seven you're seven right OK Your spirit guides and ancestors are calling to you Now they surround you with their love and protection and also offer you their wisdom Allow these helping spirits into your world today You are not alone clearly you got each other You're not those are great cards So it sounds like everything is gonna go well with the special I'm excited for you and I'm excited to see it Um September 28th Uh Let's play Pet Not so Kyle Kyle is super Uh Can I say you're a little like not high maintenance but like he doesn't like putting things in his mouth but like for the games Right Yeah I love it I love it I I just loved it because it was like it's fun because you like makes it fun It's fun Fun for the show Ok So um Pencil Nose is really fun I got this for Kyle on Friday Um you can see how it ok Well I think we have video footage of how it's done Well you can be the first to go Ok how does this work So and you guys have to guess Oh this is this this is so this is us uh showing how it's done I I don't think it's on it Can you put it on the plane How did you decide to buy this for Kyle Oh ok So I was so so we had watch your mouth and I look like you wasn't exactly into it So they were like oh we'll get you this one And so I that that was good I mean what I'm guessing is a bird Ok I thought it was something sexual So I'm not gonna say it was a I was I was so far I was very I was OK so I'll go first Um ok and then we have another one So you don't have oh I lost my I lost my nose So don't worry we're not sharing You want me to push it on there Yeah kind of let me is it not on you That a good idea Um so ok so I went to the first uh we had on on Friday who is the creator of Sprinkles And right we love sprinkles We love can you get some free sprinkles Um we did get some sprinkles but she we actually got pizza Have you pizza Yeah they just opened it Um yeah Ok Um but so across from the original Sprinkles is uh like a gift the best gift store ever And I saw this game and I was like I gotta get this for Kyle because I feel like he would like this because not putting anything in his mouth Ok so happy You look happy You look I love I love this game so much Ok Um all right Ok Uh we're all playing everyone's playing So you all get to guess Ok All right Can you flip the wait hold on wait wait wait I haven't decided Uh ok She's into it Square television Oh wait what a present Yes Yes Yeah Want you to know I'm like a very competitive person She was a professional just so you guys know she didn't tell you guys before the show That's so funny Oh I was like sure I'll go next Oh you do You want me to put the marker on I'll put the marker on That was pretty awesome Here we go Ok Yeah So I saw this and I got super excited I was like yes it's gonna be their next game because we don't just interview We have fun At least I think we

have fun Can you give me I feel like I should walk down like a runway You should like very but like do it very seriously like wear like like a like a like like lock down like a runway and just wear this and see Ok here is your is your easel here Hey Oh you take the top off the top of the give you like an idea of what to draw Ok Yeah pick a card and you can choose from any of the five and tell us whenever you choose and you're ready and then we'll um ok Um and I ok I got it I got a cat a pumpkin a slightly face a heart an emoji Yes Really Yes feels upset You are so good Well you are so good You just er it I think with the pink pink side what side do you erase it with Yeah so fun Right Oh my God So so fun I love these games I love like like she does like she does it Um I emailed Andy and I was like Andy I got a new game idea and I sent it to him and he was like funny you look epic Ok we're ready for you You can use that card or another card No this is this is ok if we can get you another one Ok Are you ready and Mark Skeleton No no Yeah I am of the Settlers nose dryer Yes Here we go Ok I have that Thank you so much time to really get into my creative spirit Oh thank you so much I got feel like something about it still makes you feel like a little smarter with a glass I love that This makes you feel smarter I love to take a picture of you I just send it to you all the time Like whenever you say something smart I gonna be like Kyle this is what you look like Oh yeah there we go There we go All right Um That's tough That's tough OK here we go Ok Ready Oh wow that's gonna be tough to do I know I know Just bear with me Texas Bear with me Oh no it's supposed to be a straight line Ah that looks so wrong cut I'm so glad you got guitar I'm so glad you got to talk I was I'm like PJ Uh thank you so much for being on our show OK These are your cameras turn away tell everyone what they need to know right now how to get in touch with you how to get part of the show and all that and more Ok Should we do individual Um ok Hi I'm Selena Ringel Uh You can follow me on Instagram at Selena Selinaringel And you'll be able to see more information about our stand up comedy special That's going to be filming this Wednesday September 28th at the Virgil 7 p.m. and 8:30 p.m. And also if you follow me you'll find out about all the movies I'm making and you can watch those I have a movie out on HBO Max Single Mother by choice I have another movie out on Amazon Prime the best people And I'm about to shoot my next movie right now So uh find me and let's connect Thank you And after you go to Selena's Instagram page back to my Instagram page at Kayla Crawford Kael A where you're gonna find my stand up clips I'm not in any movie and stand up clip and you should come and see my comedy shows especially the

one on Wednesday September 28th at the Virgil 7 p.m. and 8:30 p.m. Hey Kayla Helena We're so excited to see your stand up for more information Follow these two lovely ladies um to go attend two moms one mic you'll enjoy it You'll love it And pretty soon it might be on HBO Max or Hulu who knows Stay tuned stay tuned wherever you are I hope you have a great day and spread the good to whoever you may Thanks Bye bye