

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
SEASON 2 EPISODE #1- Sexy Nurse Costume

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight. I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two...

This is the first episode of season two, the first episode of the New Year. A year ago I started recording this podcast while holed up in that week between Christmas and New Year's.

I didn't have much of a plan - I especially still don't have any marketing or social media plan - I am learning - my main PLAN isn't a plan. It is a mission. To tell tales about my journey, past and present to hopefully make y'all feel less alone in your own journeys, health or otherwise. I think humor can heal. I think hope can heal. And I think wholeness can heal. And, that's what I hope to continue to do for season 2.

My dad is currently in the hospital because of a horrible wound that was unattended to which caused necrotic fasciitis or dead skin. He has had three surgeries in less than a week, been in the hospital on Christmas, for his birthday and rang in the New Year in a hospital bed. My dad has type 2 Diabetes that was developed while he had brain surgery for a life threatening aneurysm. My dad has fought for his life numerous times. And, I have seen how horrible Diabetes is. It's also my mission to help people take control of what they can, while we can to be more preventative. And, that all happens with baby steps, y'all.

I will get to the point of today's episode - but in picking the theme for today's episode I was inspired by the nurses, especially the nurses in the ICU who have been working around the clock to help my dad heal. I joke on here sometimes that I'm not a doctor and I haven't even played one on TV...yet. Well, I am also NOT a nurse. And, I haven't really played one on TV...the key word being REALLY.

Are y'all ready to dive into a tale with me about a sexy nurse costume?

Are y'all ready to dive into 2023 with me?

Are y'all ready for season 2?

Well, here goes.

I remember submitting to do background work on a well known gritty comedy series that shot about six years ago on location in New York. Notice how I'm avoiding saying the name of the show? If you REALLY know your New York shows, you may be able to figure it out. Anyways, the role was just that of a plus size sexy nurse type. I said, okay, cool, I fit this bill. I can make this WERK.

Then I get a call from casting asking me my sizes, which is pretty standard to pass over to wardrobe in case they want to use me and they asked if I'm okay with the material. I said, "Well, are you making fun of fat people? Do you have a line you can read where they reference this sexy nurse character?" And, let's pause. Because already this was a major step for me. To not BLINDLY say yes to casting. Or to a gig. Or to money. Not blindly operating from a place of FOMOOG - fear of missing out on the gig. Casting did say, "one of the lead characters says something about wanting a Melissa McCarthy type nurse to massage him." And, I'm like okay massage him where? And casting is like, "The three leads are on massage tables in their dressing room. They're talking about their dream riders when their band gets super successful and how to be big divas. The main guy wants a Lana Del Ray type, the main girl wants a Johnny Depp pirate type and the guy who you're going to be paired with wants a Melissa McCarthy type nurse."

I'm like, "Okay. Cool. As long as there's no making fun of larger people."

Casting's like, "oh no way. But one more thing."

And, I'm like "Yeah?"

Casting: "Well, you're fine wearing a kind of sexy nurse costume right?"

Me: "Um, sure. Do we know what that entails?"

Casting: "Not till you get to wardrobe. You'll have to talk to them about what you're comfortable with."

Me: "Okay..."

Casting: "One more thing - the sexy nurse outfit is actually a sexy Nazi nurse. Are you okay with that?"

Me: "ummmm" and I'm thinking y'all. And I'm knowing that at this point, it sounds like I MIGHT get an upgrade which means they'll give me lines. Which means my pay for the day just went up 10 times (no joke). Which means that I'll get credit and be able to use this for my reel, et cetera...IF I get the upgrade. Which isn't guaranteed. But, OH THAT FOMOOG is REAL, y'all. And, I'm not proud of myself, but I say, "Okay. Yeah."

So, I'm officially booked and I have a wardrobe fitting the next day.

I get to the wardrobe fitting the next day and a very nice lady has the costume laid out for me and I try it on. It's that kind of drab blue grey solid outfit and yes it has a swastika on it. I am not happy about this. I feel weird putting it on. I do know at times, you'll have to play characters you don't like or that you wouldn't be as a person. But, as story tellers, you have to also figure out where that sits in the grand scheme of the world. And, in this case, it's just comedy so I'm like, "Brooke, just suck it up."

I get into the costume and it's kind of like a weird fit - like it's supposed to be sexy but it's a couple of sizes too big on me - I don't mind the roominess though - but the wardrobe lady says they're going to want to take it in and hem it. And, that they'll figure out shoes to put me in "on the day." They LOVE saying "on the day" instead of "on the day of the shoot" because no one in this industry has time to say three extra syllables.

I tell the wardrobe lady, while trying to be as diplomatic as I can (so as not to lose the role - OH THAT FEAR MENTALITY) that I'd really like to know exactly what the costume is going to be like. And she's like oh not much different than what's already happening. Maybe a touch sexier.

And, like good ole Brooke was a few years ago, in order to be easy-going, I say, "Okay...sure..."

And I peace out but I call up our actor's union asking them about this situation.

Now, here's the deal. In our union contracts - and especially at that time, there is a different pay for nudity. And there is a different pay for non nudity but otherwise at different states of reveal, at "scantily clad" there is no set rate in our contracts. Sometimes it is already a higher rate previously discussed. But see, I see a can of worms fixing to open and I can't tell HOW scantily clad this NAZI NURSE COSTUME is going to be.

I tell our union the situation. That I'm in a sexy Nazi nurse costume but that I don't know what the costume will look like "till the day" (of the shoot). But, that I need their help getting in touch with production in ADVANCE - like right now, Friday afternoon right now - to negotiate a higher rate for a sexier, shorter, tighter, boobs pushed up outfit.

Our union tells me that if they can't see the costume, there's nothing much they can do. And, I'm like THAT IS EXACTLY WHAT I AM SAYING. I CAN NOT SEE THE FINAL PRODUCT OF THE COSTUME NOW EITHER. Now we are in the 11th hour, I'm not going to back out, but I don't know what the costume is going to look like other than it's going to be sexier than when I went into the fitting and we won't find out till probably 5am on Monday morning.

The union basically leaves me hanging.

So, I arrive on Monday morning at 5am like I expected and I go into the wardrobe trailer to get into costume. I find myself squeezing into an outfit that was easier to get into just a few days ago. The dress comes up to my crotch. My butt is hanging out. My boobs are pushed up. And, the heels are higher than flat footed humanely possible. But, also, now is not the time to bitch. But, it's definitely tighter and more revealing than expected.

This is above my pay grade (unless I'm getting an upgrade) but I'm trying so hard NOT to sound like a diva. Wardrobe asks me if I feel comfortable and all I can say is "Not really, but it's okay." And I shuffle out of the trailer in my faux Uggs with the six inch heels in hand.

I meet the other two "fantasy" background players - the Lana Del Ray type and the Johnny Depp pirate type, both of whom are fully and comfortably clothed. I am seething. Our union reps are nowhere to be found because it's just like 7 in the morning.

We are called to set and I go downstairs and in an aquarium is a big large yellow snake - the kind Britney Spears had in that video? I don't know the technical name for this kind of snake; I just call them banana snakes. But, did I mention ever to y'all on this hear podcast that aside from fear of missing out in a gig or fear of missing out of sleep - my actual biggest fear is SNAKES.

I am TERRIFIED. And I am EVEN MORE PISSED. Because there was NO Mention about a SNAKE. Here's the deal. I don't care if the banana snake is in their aquarium. I am TERRIFIED. I tell the assistant director that I will NOT be going on set if that snake leaves the aquarium. I mean, I may or may not be good at putting my foot down about unagreed upon level of sexiness in a costume, about portraying a Nazi nurse but one thing I am good at is AVOIDING SNAKES because it comes from such a primal life or death fear to me.

I am assured that the banana snake will be staying in their aquarium "on the day" (meaning, in this case, since we are already on the day of the shoot, it just means when we actually do shoot) that the snake doesn't have an action.

I dutifully do my scene with my other celebrity type peeps with the banana snake chilling behind us. On our lunch break, our union rep shows up. OF COURSE. CLASSIC.

I storm over to the union rep, I'm wearing a warming robe that wardrobe gave me and I am like, "hey Union rep, can we talk?"

We step aside like we are talking about some really serious business, and of course

we are. And, I say to the union rep...okay, look here's the situation (and just replay the whole situation I just told y'all...)

So, my question is this, why is the guy dressed up as Johnny Depp as a pirate who isn't showing any skin getting paid the same amount as THIS (and I open up my robe like I'm a guy in a trench coat flashing passerby.)

And you know what our union rep tells me? That I should have NEGOTIATED this with WARDROBE and PRODUCTION in ADVANCE. And I'm like did you NOT just listen to me? I literally tried that on Friday and I even called our union, our union who was built to help actors, and they basically told me I didn't have a leg to stand on - even if it is a peg leg - sorry I just needed to throw in a reference to the Johnny Depp pirate again.

The union rep tells me he will go talk to production but he doubts they'll give me any more money to constitute scantily clad pay. But, that he'll try. I look at him, pleading, like does THIS look like a normal outfit you'd wear out in the street? And, he looks outside to the street of New York, looks back at me and doesn't respond. It is pretty normal for New York. I get it. I'm from South Louisiana.

Our union rep comes back to me five minutes later (this isn't good) and tells me there is nothing he can do. At this point, I look like a Karen - or whatever the equivalent for Karen is in German - and side bar, I was hoping for a line or two, an upgrade as they call it - I had even been practicing my German just in case.

And that's when I realize, that maybe this is karma for me being so hard up to take a gig like this.

And, the point of this story is y'all. We need to learn where our boundaries are and where and how to say no. When you're an actor, especially a background actor, you're at the very bottom of the totem pole until you're like B Celebrity status. But, I also had a choice. I could and should have stood up for myself more.

And while I may not still be in a place career wise where I can turn down work or stand up for myself more, I AM in a place mental wise where I MUST turn down work and stand up for myself.

Let's go into our new year, I guess being PHAT PEOPLE styles. Thinking of what we want to proudly say no to. Because they say, when you say "no" to something, oftentimes you're saying "YES" to yourself.

Thanks so much for listening, y'all. It is my hope to inspire, uplift and entertain you with this Who's Dat Phat Girl podcast. So, if you're HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in person event. Please visit Brookehoover.com/fluffybuttproductions or email me at

contactbrookehoover@gmail.com for more information. And, let's follow each other on instagram - I'm @Br00keH00ver and those O's - I'm @Br00keH00ver and those O's are not the letter O but they're ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

And, if you like this podcast, please give me a five star rating and write a review on Apple Podcasts and, please, most importantly, share with your friends, family and other people you may know who are as phat as we are - that's phat with a PH.

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