

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
SEASON 2 EPISODE #4- Big Phat Fabulous Flapper

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...

BROOKE: Hey everyone. It is Brooke with the Who's Dat Phat Girl podcast and today marks a very speciallllll day because today is our one year anniversary.

MOMMA ANNE: (Claps) Whoo hoo!

BROOKE: Ahhhh the clapping oh and the cheering. We have someone in the background who's actually joining us. (Dog footsteps) And, we have Annie and Archer. They are dancing right now. But, that is Momma. Momma has been on one of our podcasts several episodes ago and she is back because it's basically thanks to Momma that the podcast exists because if it wasn't for her sweating her little heart out making all of my Halloween costumes growing up, I wouldn't have had my solo show "Phat Girl Costumes" which inspired this here podcast. So, thank you everyone who's listened so far. I still don't know what the heck I'm doing from my head or anything. All I know is that from my heart that it's just my job to share my tales with y'all and to hopefully make somebody else out there feel a little...more understood or a little less crazy because maybe I'm crazy enough. (Laughs) So, whatever it is, however you relate, I'm really grateful for everyone who is listening. So, this episode is titled "Big Phat Fabulous Flapper" and it's about a costume that Momma made for me when I was 9 years old. This costume had just happened right after a big costume fiasco. So, in the year prior, I was a genie and if we've listened to some of my previous podcasts, it was the first year that I was made fun of for being fat and /or AND not or, and for kind of...being fabulous. Showing myself. Showing up and being maybe too much. As much as a 7 year old can be. So, this episode we're gonna talk about the flapper costume and kind of how that marked a different point in my young life and it kind of still sticks with me. But, let's back up. So, for those of y'all who have not really been following along, my Momma has made all of my Halloween costumes from the time I was born up until I mean even recently she's helped me make Halloween costumes. Halloween was and always will be our thing. She made all of my costumes for school productions. Sometimes some of my costumes were so fabulous and I was "just a chorus member" and they had to put me in the way back not just 'cause I was taller but because my costumes outshined some of the stars. And, that's thanks to Momma.

MOMMA ANNE: (Laughs)

BROOKE: (Cackle laughs imitating Momma) Ya hear that? So, Momma is going to project a little bit more 'cause she's further away from the microphone. Momma's further away from the microphone. So, Momma, tell everybody, why did we choose a flapper costume? Cause clearly at the age of 8 that was not my decision. Why the flapper costume?

MOMMA ANNE: I think our inspiration piece was unfortunately for health reasons - I mean I used to smoke, okay?

BROOKE: (Laughs) She used to smoke. No. It's okay. She used to smoke. She quit.

MOMMA ANNE: I used to smoke. I quit.

BROOKE: I quit too.

MOMMA ANNE: Listen to that "used to smoke" and I was digging through my drawers one day--

BROOKE: She was digging through her drawers one day. Not her drawers as in underwear but drawers as in dresser--

MOMMA ANNE: I think they realize that, Brooke. I think everybody realizes that. But, anyway, I found a cigarette holder that my little old lady friend Glynn Spencer gave me because I was still smoking at the time but I hid it then and I found it. But, anyway she gave it to me and when she gave it to me, she says, (Imitates Glynn in a deep Southern voice), "Honey, everybody needs a cigarette smoker holder to fine and sassy." So, I hid it--

BROOKE: (Laughs)

MOMMA ANNE: And I found it and I said, "Mm mm wouldn't Brooke look cute as a flapper?" And that's what started it. A flapper girl. 'Cause flapper girls back then smoked and wore and had I'm sorry cigarette holders. Excuse me Brooke I'm too tired to do this.

BROOKE: Momma, I'm too tired to do this too but I think we just gotta plough through. That was really good.

MOMMA ANNE: But, I went on and on and on. That was not right.

BROOKE: No, it's okay. You know what? People listen to podcasts that are like an hour, two hours long.

MOMMA ANNE: Lord have mercy.

BROOKE: (Laughs) I know. But, I wanted to say really quick y'all. One of my things with some podcasts is just a bunch of people blah blah blah, they just talk. They talk small talk. They talk the whole time.

MOMMA ANNE: Right.

BROOKE: That's not my style and I don't want to do that to people. And, Mom, I think people understand that you're not doing that. We're not blah blah blah small talking.

MOMMA ANNE: Okay.

BROOKE: We're big talking. We're phat talking.

MOMMA ANNE: Okay. I just am kinda going backwards and forwards and this and that.

BROOKE: You really didn't.

MOMMA ANNE: I'm very tired.

BROOKE: I know well I'm very tired too.

MOMMA ANNE: And, she wanted me to do this today. I don't know why today because we could've done it Sunday.

BROOKE: Because we're on a schedule.

MOMMA ANNE: That's why. 'Cause we're on a schedule.

BROOKE: Yeah.

MOMMA ANNE: I guess maybe she's taking me somewhere this weekend that I don't know about. Maybe it's a secret.

BROOKE: Maybe it is a secret. The Secret! It works!

MOMMA ANNE: Okay. Let's go.

BROOKE: But let's not have too much cross talk cause that does make people a little anxious.

MOMMA ANNE: Okay let's go.

BROOKE: By "people" I mean, me. So, the Flapper costume. Describe how it was making it. Was it easy, was it hard, was it a pain in the butt?

MOMMA ANNE: Oh it's very easy to make because I had a pattern. And, I took Home Ec in high school so I learned how to read patterns. Thanks Miss Latoure

BROOKE: Shout out Miss Latoure. I'm going to describe the costume for them.

MOMMA ANNE: Okay.

BROOKE: It was black satin. Black sateen. It had that nice big ole bloosom.

MOMMA ANNE: Yes.

BROOKE: And, at the bottom it was hot pink fringe. 'Cause those are my colors as we know. Hot pink, black and I like turquoise. And, then the headband - was the headband hot pink sequin with a hot pink feather?

MOMMA ANNE: Yes. Yes.

BROOKE: Yes. And, then of course the smoking thing. And, then I had - I think it was a little cold in Louisiana so I had tights and then I had hot pink Sam and Libby those bow tie ballet flats.

MOMMA ANNE: Yes. It was darling. Do you still have a picture of it?

BROOKE: I will be posting a picture on Instagram for everybody to see.

MOMMA ANNE: Okay. It was darling.

BROOKE: So, one of my questions for Momma was what was your favorite part of the costume. I wrote - I think I already know her favorite part because it's actually my favorite part (hits microphone) Sorry, microphone. I just wrote it right here. My favorite part was the cigarette holders. It was the 80's after all so like kids doing play smoking like they made candy cigarettes, it wasn't a big deal. It was like get over it. And, yeah Anne and I we both smoked. But, we quit. So heeeeeey holler. And, I just want to say this too. Just because you smoke does not make you a bad person. That was something that was forced down our throat back in the day.

MOMMA ANNE: Yes. It was a stereotype.

BROOKE: Oh you smoke? You're a bad person. Give me a break.

MOMMA ANNE: Exactly.

BROOKE: If you smoke you're cool. No. I'm kidding. Kids, do not follow along with that. I was joking. I was being something called facetious. So, one thing that we did at my school that I think they do at most schools and I say "school" like that--

MOMMA ANNE: Was that at Runnel's? It wasn't Episcopal.

BROOKE: That was at Runnel's. No. Not Episcopal.

MOMMA ANNE: Okay.

BROOKE: I say school like that in honor of Momma's late great Pomeranian, our little fluff Precious. She talked in a funny voice like that. So, it was wear your costume to school day. Alright? So, we were already prepped with the flapper costume, right? And, actually Momma had a costume that year. You did not always dress up. To surprise most people, the only time Momma ever really dressed up for Halloween aside from this time was when Momma was the activities director in North Carolina, she called Bingo. She arranged all the activities for the senior citizens, she would wear these fun playful holiday and Halloween vests and she once dressed up as a witch. But, for this time, when I was the flapper, to drive me to school and we must have been doing a school function where Momma was involved, do you remember the costume that you were dressed up in?

MOMMA ANNE: Was it the bunny in the hat?

BROOKE: Yes. It - and we still own it to this day. It is a black magic hat and a bunny's popping out of it. So, you're wearing the whole costume in one. It's kind of like a onesie and y'all, I swear, hell must have frozen over that year back in the day because this was actually a costume from a bag and Momma always frowned upon Halloween costumes from a bag. They were like (imitates Momma) "Too generic. They're too generic." Don't you sound like that?

MOMMA ANNE: I don't know why she makes me talk like that, y'all. I don't talk like that at all, do I?

BROOKE: In my head, that's...that's her voice. So, was there any particular reason why you dressed up as a rabbit in a hat?

MOMMA ANNE: I have no idea except it was the easiest costume to find.

BROOKE: Yeah. And, she did her makeup with a little nose and the little whiskers. I do not remember if I had the flapper eyeliner. I don't know that I did that cause I've always been weird about eye makeup.

MOMMA ANNE: No. You didn't have any facial makeup.

BROOKE: No facial makeup. Not to be you know um...confused with--

MOMMA ANNE: Confused with facial hair--

BROOKE: Body makeup - or facial hair. No, I didn't have any facial hair. At the time. And I didn't have any body makeup on either. So, we get to school, Momma drops me off and everyone has Halloween costumes but no one's is nearly as decked out as mine. Right? Maybe people spent a week or less or overnight on their costume whereas our costume was several weeks if not a month plus of effort of kind of planning everything out. And, I remember one girl was like a fitness instructor. She wore a leotard and leggings and leg warmers. And, two guhls who were, they were best friends. Let's not say their names. You probably know who they were. They were like dressed up like Debbie Gibson witches with those black hats. They thought they were so cool. And, they were.

MOMMA ANNE: They're our friends. So don't talk about 'em. Because they might be listening to this.

BROOKE: No. I don't think -- those two girls were not really my friends.

MOMMA ANNE: Oh. Okay. Well, I had them confused with somebody else--

BROOKE: Somebody else yeah because I'm fixing to say the name of one of our BFF's and the award of the most creative last minute thrown together costume goes to Lyndsey Young.

MOMMA ANNE: Yes.

BROOKE: She was dressed up as a bag of Jelly Beans. Her mom was a teacher so she was always super busy and so Lyndsey had this idea and overnight they had this idea and they had a clear bag which was very hard to get back in the 80's

MOMMA ANNE: Yes.

BROOKE: People weren't really recycling that much. And, they put balloons in it and Lyndsey had like an aqua turtleneck. It was super cute. But, I felt so foolish or maybe I was just getting over my genie costume from the year before of being called "fat" and my "fat was showing". I felt kind of like a fish out of water. And, I will be posting pictures to show people. I think honestly I was just afraid to be fabulous. It's kind of like when you show up to a party overdressed. But, Momma, you always taught me that it's better to be overdressed than underdressed.

MOMMA ANNE: Right.

BROOKE: Right? I think that's a big Southern thing and that's just like a big Momma thing. Be over prepared rather than under prepared. It's okay to look like a nerd. It's okay to be extra. Momma taught me or her goal was to teach me to not be afraid of

being fabulous. And, yet, I was, I was, I was because at school I was getting different messages.

BROOKE: But, Momma have you ever been afraid to show off your fabulousness? Is there any situation where you were afraid? Maybe somebody rained on your parade?

MOMMA ANNE: Actually, I have never been fabulous like you.

BROOKE: What !!!!!!!

MOMMA ANNE: Exactly.

BROOKE: NO !!!! I think you're more fabulous. I think everybody - Mom, we are doing this podcast because people have requested for more Anne.

MOMMA ANNE: Well, maybe I'm just too shy or too humble.

BROOKE: Aw she's too shy or too humble. That makes me cry. But, no it would be just expressing a time when maybe you were just being yourself and somebody made you feel less than.

MOMMA ANNE: Um...

BROOKE: That's putting you on the spot.

MOMMA ANNE: That's putting me on the spot. I can't think of anything at the moment.

BROOKE: Well, I'll give plenty of examples. Alright?

MOMMA ANNE: Okay.

BROOKE: So, well we used to have a friend and I still love this friend. She would always say this expression of "You're too much for Hollywood" and now I say, well, that's why I didn't end up in Los Angeles. That's why I ended up in New York. So, I think a couple times that Momma's fabulousness can be described, one of the best ways to describe Momma's fabulousness, Momma used to have - was it a Cadillac? It was a big ole car back in the day and Momma had a phone, a rotary phone that she snatched from her house and brought and would pretend to be making phone calls on this car back in the late 70's, early 80's.

MOMMA ANNE: (Laughs) That was before cell phones.

BROOKE: That was before cell phones. That was before phones in the car.

MOMMA ANNE: As we know them now. As we know them now.

BROOKE: That was even before the briefcase phone. So, Momma essentially invented the phone in the car. So, tell us about that. That's a moment of fabulousness.

MOMMA ANNE: I think it was my Cadillac or one of those cars and Debbie and I would ride around the subdivision. We put the pay phone looking phone, it was the long phone that hung on the wall.

BROOKE: Oh.

MOMMA ANNE: In the car and we'd dial it and of course be talking on it and whenever we'd get to the stop sign by other people, we'd turn around and kind of look at them like we're talking on the phone and they thought that was kind of cool.

BROOKE: Like a funny joke.

MOMMA ANNE: We thought it was really cool.

BROOKE: So, seguewaying, Momma for some reason must have a fascination of talking with people while in the car because then when I was in school, when I transferred to my other school, the snobby school as I call it, I mean let's face the facts, it was.

MOMMA ANNE: It was a snobby school. It probably still is.

BROOKE: Oh it still is. And, they're asking for donations.

MOMMA ANNE: Yeah. Yeah.

BROOKE: Yeah give me a break.

MOMMA ANNE: They don't need them.

BROOKE: I'm giving donations to causes that really, really need the money.

MOMMA ANNE: (Coughs)

BROOKE: Oh. Momma's coughing. Okay. We try not to do that.

MOMMA ANNE: I'm sorry.

BROOKE: We try not to do that on the podcast because that hurts people's ears but it's okay.

MOMMA ANNE: I'm sorry.

BROOKE: It's okay.

MOMMA ANNE: I tried to hide.

BROOKE: They're cool. So, there was another time that Momma was talking on a device. She was at the snobby school. She had a Range Rover at the time and it had to have a CB Radio in it.

MOMMA ANNE: Yes.

BROOKE: So, Momma liked to talk to truck drivers on the CB Radio because it would help with boredom or just for fun. And, sometimes it was very helpful in emergencies because we were going back and forth to North Carolina a lot.

MOMMA ANNE: Yeah to get directions. That's what I really used it for was directions.

BROOKE: To get directions. You know this is before the Internet. So, our truckers were basically our Internet. Right? So, one day Momma's waiting for me at carpool at the snobby school and she's talking on the CB Radio and the Headmaster comes out. He has a British accent, he's like "Miss Hoover, can you roll down the window please? (Tap, tap, tap) Um, Miss Hoover, your CB radio is coming all over the loud speaker. Can you please turn it down?"

MOMMA ANNE: (Laugh) Oh gosh. Oh my gosh. Yes. Yes.

BROOKE: So, that was one literal time Momma's fabulousness was tampered with. But, not really, y'all.

MOMMA ANNE: I still kept talking on the radio. I mean come on here.

BROOKE: She just changed the channel. I think she went to a different channel.

MOMMA ANNE: Exactly.

BROOKE: I think we can all relate to at one point showing up somewhere, doing something and just feeling maybe a little afraid to really step into ourselves. What kind of advice would you tell somebody who's feeling that? Momma's giving me a look. she doesn't really - that's putting you on the spot? What would you tell Little Brooke? Here's the deal. What would you tell Little Brooke now?

MOMMA ANNE: Just go 'head and do it and don't give a damn.

BROOKE: That's right. That's good advice. (Laughs) She's mad at me. Just go ahead and do it and don't give a damn. I think that's some of the best advice I've ever heard.

MOMMA ANNE: Do your best. That's all you can do is do your best.

BROOKE: I mean, here's my deal you know the point of this here podcast is to help all of us embrace our inner phat person, phat with a PH - pretty hot and tempting without any shame or guilt in just being who we are and y'all if our fabulousness isn't harming anyone which I doubt it ever would - why the hell do we care what people think? Right? Why do we put that negative replay into our heads? On that note I would like to share a quote - Momma I don't know if you've ever heard this. It's by Marianne Williamson. She's very big in the self-help realm. I love her teachings. it really resonated with me. A friend once read it to me nearly a decade ago. And, many of our fellow listeners have probably heard this. But, if you haven't heard this or if you have, it doesn't hurt to have a reminder. So here it is:

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

And of course I'm gonna make it Phat girl styles and add a little more to it. Our deepest fear is not that we aren't fabulous, wonderful or just enough to be enough it's that we are more PHAT than this world can handle. That's PHAT with a PH y'all : pretty hot and tempting.

And, I want to let y'all know that little flapper Brooke didn't have a full day of school and Halloween and trick-or-treat all sad and (pretends to whine) oh I'm so fabulous with my fake cigarette and my feather and my Sam and Libby shoes oh my mom spent so much time on this costume and now I'm sad because it's too fabulous and everybody else's costumes are just kind of like you know normal. Oh why can't I be more normal? Ah. No. We went out with a BANG. So later that night for trick-or-treat, for some reason, we had rented my dad a costume from Party Paradise. I've talked about Party Paradise in past podcasts. Party Paradise was the place you would go to rent fabulous costumes. It's also the place where we found the plastic angel wings that Momma then reconstructed for me for one of my Halloween costumes and so this Frankenstein costume that we rented for my dad, Hoover Bob

The head itself was like seven suitcases. The size of seven suitcases. It was huge. And, so at the time we had a convertible. And, we had to ride in the convertible to do trick-or-treat or else my dad wouldn't fit in with it. And, so Momma's dressed up as the bunny in the magic hat. I'm dressed up as the flapper with my little - chomping on my cigarette holder, I chomped on it all day. And, my dad is in the back like hanging out of the convertible flapping in the wind with this huge Frankenstein head. And some kids pointed at us and laughed. And, they were like (Southern accent) "Who's that? (chuckles) What's that thing?" And, I was like, "That is my dad. This is my momma." And, for a moment y'all, I was able to embrace my weirdness or shall I say my fabulousness.

Alright y'all. Thank you so much for listening to this episode. I think Momma is about to - Momma's smiling. I wish y'all could see her. Momma's beautifullllllss. Momma is humble, yes. Momma is fabulous. (Starts crying) And, I'm fixing to cry. And see Momma it's okay. But, I think the point is --

MOMMA ANNE: And, Momma likes to cry, too.

BROOKE: (Laughs) Momma likes to cry, too. I think the point of this is y'all. I can't say don't ever let anyone dim your fabulousness or yourself or who you are. Because, people will. People will.

MOMMA ANNE: Annie's worried about you.

BROOKE: Annie I'm okay. But, what you can do, is you can control your own self from dimming your fabulousness. Because none of those kids at school were dimming my fabulousness. It was myself. From a past trauma from the year before or from whatever it was. So, y'all. Do not dare ever let yourself dim your own fabulousness.

Thank you so much. Going into season two. Feeling good. Feeling the flow. And, Momma you wanna give a sign off?

MOMMA ANNE: Good-bye. Thank you so much and God bless.

BROOKE: (Laughs) God bless. All right. Thank y'all. Bye.

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 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

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