

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

[00:00:00] Hi, I'm stage and stage's Lin-Manuel Miranda and you're listening to the Hamilcast.

**Gillian Pensavalle** [00:00:18] Hello, friends. Welcome back to the Hamilcast, I'm Gillian. We're getting right back into my conversation with Meecah from the Philip tour. If you missed episode 314, definitely go back and catch up there first. You'll hear all about Meecah growing up in Florida, finding her voice as a singer and finding her path to the theater at a young age. Navigating New York's music industry at 18 years old and how she came to join the Hamilton family. But if you're all caught up. Let's dive right back into it. Here's part two of my conversation with Meecah, and she's talking about her first time performing in Hamilton.

**Meecah** [00:01:00] I went on for Angelica. It was planned, it wasn't an emergency, and it was not the best. It wasn't good. I mean, it was great and I'm glad that my first time people. It went viral. You know, I'm glad somebody was able to record it because I'll have that forever. But I've grown so much, and when I look back at that, I'm just like, I was a nervous mess and it was Angelica, wasn't Eliza. So Lac day. But it was it was great. The process of learning the sisters again up until, like three months ago, was probably the most stressful thing I've ever done in my life. Like more so than putting on my own movie, directing it all that stuff, is the most stressful because I'm living up to an expectation, and at the end of the day, we're all humans. And so if we don't speak the same language, it's kind of hard to get on the page of approval. And so it's very it was very stressful, but I will say very similar to Gary Q and a Robert, Tiffany really did put the iron on me, and she she made sure that I came out hot and she made sure that I it was it wasn't easy. And like sometimes we wanted to like, choke each other. But it was. It was very much so worth it because her and Courtney and Anna at the time and then now Rolando, Roberto, all of the supervisors, Lily and Kyle, they all. I really made sure that I was what I needed to be, which was excellent.

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

**Gillian Pensavalle** [00:02:30] Can you walk me through that process of learning those roles? Like as a unit and also as completely individual characters?

**Meechah** [00:02:39] When I first, when I first got there was Madison, Wisconsin. I had a sinus infection because I was not used to the cold and I was learning Angelica about Julia, our swing woman. So I was learning Eliza. She had been there for two months. I have a learning curve. When I get on stage, it's like a transcendent experience. And I say that humbly, like is a transcendent experience. People have always said that they feel transcendent. And that's the goal. Well, I suppose you would think I was like that. Like, I was like a cone head like dumb just can't get it right. Just no matter how many times you say, turn over my left shoulder, I turn over my right like understanding, like just the complications of Hamilton and like a turntable and what a surround is. All of that was so very much so hard for me to grasp. And I was moving at a much slower rate than Julia, who had been there for two months. And truly anybody else there because I was starting to turn over, there was nobody there. That was new Lac. I was in my in the principal track. So I was slowing things down. People had much longer rehearsal days because of me. But now it's all good. Now I know what I'm doing, but it's it was hard to be the dead weight. It was really, really hard because like I told you, I come from being excellent and excellent only. So it was very, very, very hard and it didn't get better until about three months ago. And I've been with this tour for about two years.

**Gillian Pensavalle** [00:04:18] Can we talk about your approach to these women?

**Meechah** [00:04:21] I feel closest to Eliza. She's more so who I am. Like open Aquarius energy, like full of love. But like also when she needs to be toughened up. Angelica is a sassy woman and I have. I'm sassy, but she kind of leaves with that and I don't necessarily leave with that. I don't bring it until it gets brought. And I feel like Angelica Burr brings it, period. And Peggy, she was the hardest for me because I don't identify with sexual energy. When I was in college, our professor had this course called spinach and spinach is something I like spinach,

# THE H★MILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

but people don't tend to like spinach. And but it's good for you. And so my spinach was sexual

**Gillian Pensavalle** [00:05:06] like things as Maria. Yeah.

**Meechah** [00:05:08] Hmm. Mm hmm. Take it easy. They call me Phillip's little sister. That's what that's what they call me. So Phillip to his little sister, so I can be everybody's little sister. But the sexual is really, really hard for me to tap into because I grew up completely Pentecostal. I grew up Christian religious, so it's very hard for me to exude sexual energy, even in college. So when I got the role of playing all three, I was like, first of all, I always thought Eliza had to be light skinned, but that's a different story. And then too, I was like, I can't be sexual. That is the one thing I can't do. So what do you mean? But I had to work on it, and I Tiffany works me. Courtney and Tiffany worked me. So.

**Gillian Pensavalle** [00:05:52] Yeah. Well, tell me about your experience, what you said about like finding yourself in Eliza. Let's dove. Into your approach to Eliza, what she means to you and that journey.

**Meechah** [00:06:03] I think sometimes with acting like people think that. You have to become the character and. I think the character becomes you. I don't know if that makes any sense at all. It sounds like the same thing.

**Gillian Pensavalle** [00:06:19] No, it makes sense to me, but I'd love for you to elaborate.

**Meechah** [00:06:22] Yes, so Eliza. I am not a soft person by any means, and Eliza is softer than most in terms of like she vibrates on an energy of like. Open as so, while we do have that same like frequency, the levels of which we vibrate at that frequency are just just a bit different. So I had to learn how to bring her down to me. That way, I wasn't emulating anybody else's interpretation. I was making Eliza my own, and that process was a bit difficult because I always had been cast as like the sassy, hard best friend. And I again had that image that Eliza had to be either fair or light skinned or like curly hair. Like what? The media portrays soft women to be. So I had

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

to break that mold. Then I had to bring Eliza down to me. And then I had to understand what she would do. That is similar to what I would do. And then after that I had to marry all of it. So that was a very long process. It took two years and I'm still not there completely, but just understanding that we're not as different as I thought we were and that we are very similar in the ways that I thought we were. Was the first steps.

**Gillian Pensavalle** [00:07:48] Do you want to say more about Eliza being light skinned and you just assuming that that's what the role was

**Meecah** [00:07:53] Sure. I mean, we had we had a very we had a very helpful talk when we came back to Hamilton because when we left Hamilton, the world was a different place. And when we came back, it was completely transformed in our creative team was very open to being to listening to us. And one of the things that I always said was what I love about Hamilton is that you don't know what you're going to get. You can get an Asian George Washington, you can get a black Thomas Jefferson or, you know, Indian, you know, you never know what you're going to get. But what I can always count on was that Eliza was not going to be black. And when I say black, I mean dark skinned black. One thing that I can always count on was that. And it didn't change until came on Broadway. And then, of course, Erin Clement. She was our Eliza here. And, you know, Krystal Joy Brown like all these beautiful brown skinned people. But that was fairly this is fairly recent. And every image of the media that I would see with Hamilton, the Eliza was always either not black or fair skinned. And so when they told me that I would be in charge of of of conducting that role, I was like, But I'm not light skinned. And my agent literally said so. And I was like, Oh, cool. So what I'm processing is not what the world is processing, but that is just that was my impression. And so that made it that much more difficult for me to tap into her.

**Gillian Pensavalle** [00:09:17] What was your experience during? I can't. I can't remember how you said it earlier. But like the George Floyd awakening, the response after his murder and the fact that everything was kind of on pause made it easier. Or now there was a sort of a light and a microscope on industries, particularly let's talk about the theater industry here and

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

Broadway to look inward and hopefully have their actions speak as loud as their words and their social media posts. So can you tell me what your experience was? You know, May, June, July of that when everything was very arguably a little bit like performative, where everyone wanted to make sure that things were posted right and the words were used. How you were feeling and your expectations for coming back? And then what happened those conversations behind the scenes at Hamilton?

**Meechah** [00:10:07] Yeah. So in my own world, because I wasn't involved with Hamilton during the pandemic, but in my own world, I was going through a sort of renaissance in terms of friendships. There was a lot of there was a lot of things that I didn't agree with that my other black friends were agreeing with. And I just we were missing the mark completely. And so I had to say goodbye to some friendships and that was very painful. And then I had this the spirit of fraudulence come upon me in terms of like, am I really pro-black like all of my friends who I love dearly and I respect more than I have any other friendships are telling me that I'm not doing what a black person should be doing. But then I came to terms with the idea or the theory that being black is not a monolithic experience and that everybody is essentially valid. But there are right and wrong things within that experience, like is, you should not just go kill somebody like that's a good thing to say is wrong. But like, I just I decided to take a more strategic approach to it. And so I led a protest. I got a band together. We rented a U-Haul truck. My daddy played the piano. My cousin played the drums and my friends played the guitar and bass. And we led a protest on the back of a U-Haul truck. And I was. Decided to pour into the community that I was in, which is a predominantly black community that was silenced because it was west of Palm Beach, the island and because I did that, that sparked me to create retribution because I wanted to create more. I wanted to put my money where my mouth was. I was saying that we should be strategic. I was saying that we should not just burn down every establishment just because they have white people at the front that we should work, that we should bring, bring to light what we want instead of waiting for somebody to bring it for us, but not in a violent way. And so I created retribution over the pandemic because I wanted to hire an entire by BIPOC cast and crew. I wanted to tell Bahamian stories, which is something I

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

don't think anybody has ever seen a Bahamian story. And I wanted to prove that there was a way to get what we wanted without the demise of something else. Because if we go to the demise of something else, then the pendulum swings the other way and now we are the price. We are the oppressors, which honestly, we can never really be the oppressors because of the financial institution that racism has brought upon black people. But we're doing the same thing that we're accusing other people of doing. And so I wanted to prove all of that over the pandemic. But while I was doing that, Hamilton was having his own signs that I didn't become privy to until I got back to work, very similar to when I was in college and I didn't pay attention to the musical theater program. I was doing my own thing. And when we got back, there was just like this. This this spirit, we want to do better. And I honestly was here for some people were not. Some people were calling it performative and fraudulent and things of that nature. But what I saw as Meechah, what I experienced was when I told them I had a problem with my hair and how there were nobody in the hair department that was black that could do black hair. We got Camille. They hired Camille. So I don't have any reason right now to say that, like Hamilton was not doing their job. They took care of us over the pandemic, financially and emotionally. When we got back, they hired a spiritual leader to help us heal from our pain. I personally had a great experience with Hamilton, and I'm not by any means a star of the show. I'm not by any means like, you know, I'm not, I'm not the lead. So I can't I can't speak to anything negative at this point to Hamilton and what they did over the pandemic. I think that they really did their due diligence and really put their money where their mouth is.

**Gillian Pensavalle** [00:14:18] Yeah. Well, tell the listeners about retribution. I watched it yesterday. Oh, okay. Yeah, because I bought a clips. So you have this very cool. So I don't mean to jump around listeners, but like, that's OK. What I love about how you're selling your music and putting your content out there is that you are incredibly clear about the importance of supporting the artists directly and how the streams don't pay artists as much as the album, like the direct sales do, right. So for Eclipse, for example, what I did yesterday is that you buy the album and then in order you, which I think is super generous of you, you're giving a screener of this short film

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

Retribution, which is like 30 minutes. And what happens is you buy the album, you upload a screenshot of your purchase and then you get the screener. And so like part of that is a way for you to, I think and I want it. I want to know more about your your thought process with being like, I just love that you're being so honest about that. Like, it's super hard to be an independent artist and especially get paid for this obvious hard work that you put into everything that you do. So all of that to say, tell the listeners exactly what retribution is, and then let's talk about like your music career and how you're putting things out there. And like, you're just incredible productions. Your music video is like, It's amazing.

**Meechah** [00:15:37] Thank you.

**Gillian Pensavalle** [00:15:38] I mean it like, thank you.

**Meechah** [00:15:40] It is really hard to see that from the inside out. It's nice to hear that zoom out perspective because for me, it just feels like I'm doing 100 things at once and nobody's seeing them. So thank you for saying that. But oh of course. Yeah, so retribution. Yeah, I just I wasn't getting any film and television work because nobody has seen me on screen, but then I couldn't get the opportunity to be seen on screen. So it was kind of like a BS line to me. But whatever I was like, so I don't have any opportunities, let me make one. So I hired a camera crew and I'm from West Palm Beach and that's where I was. And actually, I went to the art school, so my best friends were in that film and the little girl, that's my best friend's niece. Yeah. So and some of them, I had not reconnected since middle school, but they were like, Michael, we love you. And I was like, Cool, cool, cool. Let's do that. Let me do. And so we got together and I wrote. Two scripts and I wanted to highlight things that I could do, like speak Spanish, I'm fluent in Spanish, but I also really want it to employ BIPOC. And I wanted to. Just tell a Bahamian narrative, you very rarely I don't correct me if I'm wrong, but I've never seen an action film with a vindictive black woman where at the end of it she comes back, she comes out liberated. I've never seen that and and I've never seen a black woman go through the waves of emotion. When I say black, I mean black like me. I don't mean light skinned, and I know that they are considered black women. Don't get me wrong,

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

and they are a part of my community just as much as I am. But in terms of media display, I have never seen a dark skinned black woman with braids in her hair kick ass like it's never happened. Kick butt.

**Gillian Pensavalle** [00:17:30] you could say anything you want me

**Meechah** [00:17:33] i know, but my mom probably gonna listen to this battle. I get in trouble. OK?

**Gillian Pensavalle** [00:17:37] I'll watch my mouth too. All right.

**Meechah** [00:17:40] Yes. So like, I've never seen that and I wanted to create that visibility. And when when I did it, it was very stressful, extremely stressful because it's more than just, you know, acting on some of the camera. I was the executive producer, so I had to pay for everything and I had to deal with a lot of different emotions and, you know, editors and filmography. Those are human people. Those are people with their artist, and they have their own passion about art themselves. And I had to navigate that and do all of that things. But thankfully, the team was very supportive in the post-production of it and we were able to get it out. And then when we had the screen in West Palm Beach is a difficult city. I'm actually boycott. I'm boycotting the city right now. I'm not going to perform there for like 15 more years, but we were able to get 500 people out there for the drive in screening and concert, and I rented out a place and got a hired everybody at la carte and it was an incredible, incredible night.

**Gillian Pensavalle** [00:18:41] Why are we boycotting West Palm Beach?

**Meechah** [00:18:42] They're racist.

**Gillian Pensavalle** [00:18:43] Oh, OK,.

**Meechah** [00:18:45] I and I say that respectfully, my friend Talia, she is Elphaba on Wicked, the North American tour. The only tour they have, right? We went to middle school high school together and we essentially have the same job. I'm just the

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

principal stand by, but she's like a full, full time. But I would say the hype with Hamilton like it kind of evens out. I watched an article come out about her like two years ago, and it was just highlighting, you know, who she was, what she was doing in Palm Beach and how successful she was. And I love her. I'm very proud of her. And when I reached out to get a little bit of that for retribution for Hamilton or but to also use Hamilton, they didn't even respond. They did it. They sent me around in circles news channel five and CBS and all of those people, they came, I guess, but there was no coverage about it. And I would think in a small island town like West Palm Beach, that's a big deal to have somebody in Hamilton and also filming in West Palm Beach and then bringing the funds back to the community. That sounds like a big deal for a twenty four year old woman, you know?

**Gillian Pensavalle** [00:19:58] It's like the ultimate hometown hero story.

**Meechah** [00:20:00] Exactly, exactly. And it was highlighting Bahamian culture. And it just really was not highlighted well. And I was given a lot of circles, so I called my friend. Talia and her mom actually works with the Palm Beach Post, and I was like, Hey, like, we need to get some stories out about this. And she was livid. She was like, I can't believe she was she. She and her mother got on it. And they still didn't respond. They still didn't respond. So I told myself that I know what I bring to the table. I know who I am, and I know that I can bring the crowd and I know that even then, but more so now and as I progress, my presence is going to bring look like financial lucrative opportunities to the city. I'm not bringing that to West Palm Beach. I'm bringing that to like the next city over because they need to understand that black bodies matter, that our talent matters and I can't say that. And then go, give them, you know, opportunities to look over us once more. So I decided to make a statement and I don't know how I'm going to do it yet, but I do know I'm boycotting this.

**Gillian Pensavalle** [00:21:12] Yeah, I mean, I think everything you said, like just not OK, you don't want my support. You don't want my helping the economy. You don't want my money. You don't want any of that. OK, fine, right? Tell me more about your

# THE H★MILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

music, about eclipse, which is gorgeous. Like you emailed me yesterday about. We changed the time a little bit and I was like, I'm listening to you. I listened to you all day yesterday and watched all your stuff like I was just, I've been like, surrounded by you for two days. So it's yeah. So tell the listeners about your music.

**Meechah** [00:21:38] I just am about human race equality. I'm about making statements. I'm about like is more than just like superficial things with my music. So I think the first. You should understand about my visuals and my music is that they are always highlighting a community, they're always bringing good to an awareness to a community. So with intentions, I made a statement in the video before that, you know, Asian men and black women are the most disrespected people in the media like they are always shown as either aggressive or black. Women are like non-sexual or like these sexualized romanticize for Asian men. And this is a problem. So of course, I made the love interest an Asian man and I made myself as the other one. And it was, I think it was a beautiful piece. But like everything in my EP is a story waiting for my life like everything. It's not made up. It's not just something I decided to write on a piece of paper. It is actual. Sometimes I think one of the songs is verbatim of what I said to somebody. I think I think consistency, what a selfish, selfish was like. I've always said those words straight out to somebody. And I just put melody to it or like my friend, Aaron gave me a beat and I just wrote it down. It's a very human. It's like my heart in a musical form. And if you want to get to know me as a person, you should listen to my music or watch my art because that's that's the most vulnerable place I could be.

**Gillian Pensavalle** [00:24:05] Meechah, are you ready to take some more questions from the Patreon Peeps?

**Meechah** [00:24:10] Yes, let's do it.

**Gillian Pensavalle** [00:24:39] All right, Katie is asking, in what ways are you similar and in what ways are you dissimilar to Angelica? Eliza, Peggy and Mariah. So we touched on this a little bit, but anything else you'd you'd like to add or just go a little deeper on?

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

**Meechah** [00:24:52] I think the way I play Mariah is like. She I will say she she approaches Hamilton honestly and earnestly, I don't think you have the option to come with her with a motive, but I decided not to and I decided to just like kind of let things flow the way they do and not have any type of. Like she says, I didn't know any better, that's an honest statement. And Meechah does that to me like, I'm conscious, I'm smart, I'm not dumb. But like I, I kind of let things happen the way that they happen, not in a sexual way, but like in a life way. And then I'm just like, Oh dang, I found myself in this situation. Oh, I didn't know any better. That's that's the closest I can get to Mariah. I'm not out here making marriages, but Peggy, I'm like, I said, I'm Phillip's little sister. Like, I was a fan page called me that they're like, So those little sisters have everything together. And then Angelica. I think the way she thinks intellectually, which sometimes contradicts with Mariah, which makes sense. She's very calculating and things. And I'm like that with my career. I'm very calculated. I know exactly what I want. I know how to get there. I know how to talk to people. I'm not manipulative, but I'm smart and intelligent and strategic. And I think Angelica is like that.

**Gillian Pensavalle** [00:26:18] Yeah, for sure. Valerie is asking, what is your favorite and least favorite part of touring?

**Meechah** [00:26:23] My favorite part is all the different foods I get to try, and I guess that's my least favorite part too, because that's more weight I have to juggle. But I love I love meeting the new people. I do masterclasses in every city and I love going to the schools and just connecting with the students there and being a space that they can reach out to. I make myself available on my Instagram for them to talk. And ask questions.

**Gillian Pensavalle** [00:26:50] What's been your favorite food city? I know, I know, especially to the Philip company, just like they have. Like you guys have a ton of answers about like your favorite food cities like Marcus Choi, Nik Walker, they're all like all over.

# THE H★MILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

**Meechah** [00:27:01] Yeah, Marcus is really good food connoisseur. We actually have. They they have a lot of them. May they be going out to eat and I'll be telling nobody. But we do have Julia. She gets one woman, five. She's a food connoisseur of our tour. Like she will go and do a review on like restaurants. But she's very adamant about doing ethnic based restaurants and like making people aware of culture and food through food. And so I pretty much follow her recommendation everywhere, but my favorite so far. I would always shoot. I went twice to both of these, so Atlanta was the best place. But Atlanta king crab. Whoa. And then Atlanta, Ethiopian Ethiopian Place I went twice, I went twice. It was so good. But an honorable mention will definitely be Philadelphia's Thai food. There was a quick call chef that Thai to Thai like should go, but with Thai it was beautiful right around the corner from the theater. That's ate there twice.

**Gillian Pensavalle** [00:28:06] Rob is asking Rob is from Philly, so maybe he knows that place. But Rob is asking, What is your favorite moment in the show to witness either from offstage or the surround or otherwise? While the spotlight is on someone else?

**Meechah** [00:28:21] Yeah, definitely. It's definitely the the I mean, I live to see our gallery reprise with with Desmond Warren, Eli and Jared and Pierre. It is. Every night is a comedy show, every single night. I don't care where I am, I will either go into the screening room. I will go on stage and watch what they do that night because it's always different. They are comedians and clowns.

**Gillian Pensavalle** [00:28:47] Yeah, that's a good answer. I've never heard that answer to that question before. I love it. Molly's asking, Hey, what are we getting more music? Ever since you released, Melaniated It has been added to the playlist that my daughter and I listen to while we get ready in the morning as a darker skinned little girl. There weren't many songs that highlighted my skin or made me feel like I was seen or beautiful, but that that is exactly what your music does for my daughter. I can't thank you enough for that. Keeping amazing. We love ya.

# THE H★MILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

**Meechah** [00:29:14] How about that? Oh my god, who is that? I need to send them a little package, a little Meechah package? Oh yeah,

**Gillian Pensavalle** [00:29:19] I'll put you in touch.

**Meechah** [00:29:21] Oh yes, please. I love the same people that love the music. I send them packages like always. I like merch packages that I haven't released yet, but I have like a little factory at home. My mom makes a lot of packages to send out

**Meechah** [00:30:21] I did I did a cartoon with Jessica Kirby. She's a visual artist. She created a cartoon called My Skin and Melinated it was the backing track for it, and the response from it was incredible. I just you never know the amount of people that you are, who you are listening to or you're affecting because streams dont show that streams don't show the amount of times people listen to your music or where you're listening or like, they just shows that your song has been streamed. So it is beautiful to hear the feedback like, and especially with the algorithm of social media like, you can ask a question like, Hey, did anybody buy the song today? But people who actually bought it may not ever see it because of algorithms. So you don't get an accurate representation and feel like you're huge and you sign with a label and you have people coming to your concert, but it's beautiful.

**Gillian Pensavalle** [00:31:12] Diana has a couple of questions she is asking Can you tell us what some of your hobbies or pastimes are?

**Meechah** [00:31:18] Yes, surf, I'm a huge surfer.

**Gillian Pensavalle** [00:31:20] Really?

**Meechah** [00:31:21] Mhm. I love the surf. Is it hard? Very. It's super hard. It's super high. When we were in Jacksonville, I thought like at least five people in the tour And like some of them, some of them did amazing. Well, I'm sure she doesn't mind me telling Nicole, our bullet, . Oh, that wave took her out. She was like, I don't know how I'm still alive, said, I don't know how you the light of because the boards are like my feet tall might be long and they're like five feet wide. And so when you

# THE H★MILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

get wiped out by a board, not only are you getting wiped out by the wave and the sediment of the rocks, you know, wiped out by the board and getting hit by that is hard. So, yeah, but is it amazing gave going amazing like almost everybody stood up. So I love the story.

**Gillian Pensavalle** [00:32:05] I was going to say I don't think I'd ever even be able to just stand, do not even do anything cool. But just like get up there and stand, I'd be knocked out in a second.

**Meechah** [00:32:13] No, no, it's easy, especially if you have a foam boy. Maybe using a fiberglass, you'll never be able to stand unless you've been doing it for your entire life. But a foam board is super, super easy. Oh all right.

**Gillian Pensavalle** [00:32:24] What else?

**Meechah** [00:32:24] Oh, cooking. I'm a huge cook. I love to cook, especially when I'm stressed out. Like, I'll just go to the grocery store, see where the kitchen and just cook up the entire house, and then I'll bring the food to the theater. And that'll be it.

**Gillian Pensavalle** [00:32:36] Yeah. Do you do hotels or Airbnbs when you're on tour? Can you cook where you're staying?

**Meechah** [00:32:40] Depending on where I am now, I'm at a hotel that's closer to the theater because I just don't want to walk in the snow. But in day and I was on my own Airbnb and it was a huge kitchen and I just cook like every day, every day I was bringing something for somebody. Oh, that's so nice.

**Gillian Pensavalle** [00:32:55] Diana says, Do you have a go to show that you watch when you're stressed or you just need a boost? Like what's your comfort show or comfort movie?

**Meechah** [00:33:04] I like bingeing a lot of things. There's not one thing I love this is us and I love like scandal when it was out. But I have to kind of be careful because I love the art so much. I love TV and film, and every the second half of the show is a masterclass. And I will forego like work that I'm supposed

# THE H★MILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

to be doing to be watching TV. And I have to kind of be careful. But like I just this morning, I watch the tender swindler and it was psycho, psycho, psycho, psycho. Yeah.

**Gillian Pensavalle** [00:33:35] So my other podcast, maybe you don't know about this, but it's called true crime obsessed, where we recap true crime documentaries. We haven't even recorded an episode on it, but I watched that the minute it came out and it was wild.

**Meechah** [00:33:49] Well, and I don't want to say the ending, but this is the ending. Wow, I can't believe it's still happening.

**Gillian Pensavalle** [00:33:56] It was every, every minute of it. It's kind of long for a documentary. It's two hours. Usually docs are like 90 minutes, but I just I couldn't believe where it was all going. I couldn't believe how it started. Honestly, and like, what? Private jets I don't. Anyway, if you haven't watched it, it's a wild ride. It's a good two hours of good.

**Meechah** [00:34:13] Good, good.

**Gillian Pensavalle** [00:34:14] It's very confusing. You'll have a lot of questions. Yeah. Diane is also asking, Do you have strategies to keep you calm even though your job is very stressful?

**Meechah** [00:34:23] I guess when I'm when I'm work related stress, I just kind of depend on my my team here, like playing Stephanie Jarrett. My is like everybody, really. I just kind of like, go is always making somebody laugh. So I just kind of put my energy around them without making my energy effective. I kind of take on there and it is. That's the healing. I pray a lot. I could be better, but it's something that helps.

**Gillian Pensavalle** [00:34:50] Deb is asking. She asks this quite often What is your favorite type of pasta? We're just talking about food.

**Meechah** [00:34:56] I had to say goodbye to pasta, unfortunately, but I when I was at home, there's this whole holistic market and is pasta made out of sweet potatoes. So it's just it's just

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

sweet potatoes, but it's been like we're not refined, but like hardened into pasta noodles, pasta shape noodles. So I make that and I put some vegan like sauce on it and put the chicken in there to offset the weekend and call it a day cover. The day is good. I actually I love it. Did you give it up for gluten? It doesn't make me feel good. It just makes me feel heavy for my days and I don't like that. I don't have any allergies. I don't think I should ask, but I don't have any allergies.

**Gillian Pensavalle** [00:35:40] James is asking if you could go back and give your younger self one piece of advice. What would it be?

**Meechah** [00:35:49] I always say this. I always say, Don't let the no's comment below you. I always say that because when I was putting myself out there on YouTube, I was like young, however old I was when YouTube started. When I started and I remember I made a video and this one girl comedy and she was like, You sound good, but you have a gorilla bell pepper nose. That's that's my last name, is my family name. We are no rhinos is like the island knows our noses. That is how you know that you are Lockhart. And I remember you. I used to be really proud of my nose like, but at a formative age, as the internet will do, it kind of tore me up. And so I still have an issue with my nose and like, I can't, I can't let it go. So if I could go back to that time my younger self, I would just be like, Your nose is beautiful. It's like, it's it's Bahamian. It's a Bahamian treat.

**Gillian Pensavalle** [00:36:47] So I'll tell you that if you if you feel like you email me, text me, I'll tell you that I think you're gorgeous. I cannot stand that that person said that to you. That's ridiculous and mean and stupid and pointless, but you're beautiful, so who cares? And what is that person doing that person's not on tour with Hamilton or making short films, or like changing lives and getting messages from young, dark skinned black girls saying, I feel seen by you, so I don't know what they're doing with their lives. But it's not that.

**Meechah** [00:37:16] Thank you.

**Gillian Pensavalle** [00:37:17] Yeah, you're welcome.

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

**Gillian Pensavalle** [00:37:18] And Carey is asking, lastly, what is inspiring you right now, Meechah?

**Meechah** [00:37:23] Oh, it was inspiring me right now is the hope of who I can be for other people in the future. I genuinely want to change the world through music, through art, like I want to build an entire city based off of black owned businesses like I want to buy Celine Dion's house. I am adamant about it. I went shopping around her house last time I was home and I want that for my family. I want to just support as many people as possible healthily and every day. That's my inspiration. That's my drive to get up there and and. Change the world.

**Gillian Pensavalle** [00:38:05] Yeah. I can't wait to see it. I'm not going to like invite myself to your class Celine Dion's house, but I'm going to be very excited when you get it.

**Meechah** [00:38:13] Have you seen it? Have you seen that?

**Gillian Pensavalle** [00:38:15] No.

**Gillian Pensavalle** [00:38:15] Wait, let me google it

**Meechah** [00:38:17] if I do. But I was only house. She sold it. But it's always going to be her house on Jupiter Island, and she bought it when she had her twins

**Gillian Pensavalle** [00:38:24] Oh my god.

**Meechah** [00:38:25] Wait, the address that just is there. We drove to the house and all we could see was bushes, but it was beautiful.

**Gillian Pensavalle** [00:38:32] An 11000 square foot house. This is all on Google. Thank you. 13 bedrooms, 14 bathrooms. And it has a personal waterpark overlooking the Atlantic Ocean

**Meechah** [00:38:44] and a mother in law suite with a spa installed and a bowling alley and a movie theater and a golf course and a

**Gillian Pensavalle** [00:38:49] tennis court. A mother in law suite is that is that a real term?

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

**Meechah** [00:38:53] So yeah, it's mother. Your mother in law would say there's like a whole house and there's a mother last week. My mom has that for my grandmother. Now, it's not nearly as big,

**Gillian Pensavalle** [00:39:03] but yeah, your own waterpark. I'm sorry. I'm getting distracted by these images anyway.

**Meechah** [00:39:08] No, it's OK.

**Gillian Pensavalle** [00:39:11] Give like your website, like names of outlook. Tell the people where they can find you. Twitter, TikTok, whatever you got. Tell us everything.

**Meechah** [00:39:18] Yeah, my Instagram is where I mainly am. Meechah . com is my website. My think tank is Meechah sings... I'm still learning TikTok. I think I'm doing a good job. But what I read Meechah Sings, and that's really it. I don't have a Twitter and I don't have a Tumblr, MySpace or anything else like that.

**Gillian Pensavalle** [00:39:40] Yeah, I don't think anyone has a MySpace anymore. So is there anything else you want to let the people know about anything that's on your mind before we wrap up?

**Meechah** [00:39:49] No, I was just say good. Please continue to purchase the album when you purchase it. Not only support, it's a black owned business, which is which is my LLC. It supports the chart and it makes me chart, which makes me more eligible for radio. And then I can just continue spreading light as much as possible. Hopefully get signed. Yeah.

**Gillian Pensavalle** [00:40:14] Well, really. Thank you so much for spending your afternoon with me. I really appreciate it. I love talking to you, of course.

**Meechah** [00:40:20] Thank you.

**Gillian Pensavalle** [00:40:23] Yeah. Tommy Kail calls me G dot, So now I'm like, Well, I got to lean into it a little bit. So thank you again. And listeners, thank you so much for your question, peeps, for your questions and listeners. Thank you so

# THE HAMILCAST

## EPISODE 315 MEECAH PART 2 TRANSCRIPT

much for listening. So I will talk to you so soon. I love you, everybody. Thank you. I am G. Pen.

**Meechah** [00:40:38] I'm Meechah.

[00:41:09]

**Gillian Pensavalle:** The Hamilcast is brought to you by my love of the thing, TM, and my complete lack of chill. Please join me in raising all the glasses to Sir Alex Lacamoire for generously making my intro music and this custom Yorktown arrangement that I will never, ever get over. Thank you. Thank you. Thank you. A big thank you to Jenson Parker Neal, my dear friend and right hand man who helps me make the thing about the thing. To become a Patreon Peep and join the best, kindest and most welcoming corner of the internet. Go to [patreon.com/TheHamilcast](https://patreon.com/TheHamilcast). You can submit questions to guests, join Zoom Hangouts, get behind the scenes access and of course, my endless gratitude. On social media at the pod is @TheHamilcast and I'm @gillianwithag G-I-L-L-I-A-N-W-I-T-H-A-G. Visit [THEHAMILCAST.COM](https://THEHAMILCAST.COM) for episodes, transcripts and more. You can see what's going on with Mike, you know Mike, at [MichaelPaulSmith.Net](https://MichaelPaulSmith.Net) True Crime Obsessed is my true crime comedy podcast with my podcast soulmate, Patrick Hinds, and we were the first podcast to ever play Broadway. Ever. Thank you so much for listening. It means the world to me. To the revolution!