

Pride TO BQTE: S2 E5: Miss Trey Anthony

LENGTH • 47:53

SPEAKERS

Trey Anthony, Hollywood Jade

Hollywood Jade 00:02

You're listening to Pride Toronto's Black, Queer and Trans Excellence podcast, where we honour and celebrate the Black experience through the lens of the LGBT2Q+ community with honest conversations about embracing Black joy. I am your host, Hollywood Jade. [music plays]

Hollywood Jade 00:30

Cu Cu, bonsoir and welcome back to Black, Queer and Trans Excellence. I am your host, Hollywood Jade and today I woke up this morning extra early, got my meditation on and just set the intention for my day very clearly, because my guest today is someone who I admire a great deal. They are described as a badass Jamaican British Canadian, truth teller, award winning writer and wellness expert. If that wasn't enough, and we are just getting started, my guest is also known as the Oprah of Canada, has appeared on several national and international networks, NBC, ABC, CBS, if I went through the whole listen child, we'd be here all morning. She is the first woman in Canada to have her own primetime series on a major network, which we will get into it a little bit later, and is currently one of the highest ranking Black women TV executives in Canada. My guest is none other than the amazing and incomparable Miss Trey Anthony, how are you doing?

Trey Anthony 01:40

I'm great. Thank you so much for having me. I'm so excited, really, really excited to do this. It's not enough times I'm around Black queer folk, so when it happens, I get excited, I'm like, yeah, let me do this, so I'm very, very excited.

Hollywood Jade 01:54

The sentiment is completely reciprocal and the same, and I, in preparation for this, like, I tried to set these conversations up, I know it's an interview, but I really like to think of them like a conversation, and sort of as a way of introducing, reintroducing and highlighting the amazing accomplishments of people such as yourself and reading your bio haha - wait a second, it just keeps going. And I mean, I hope this isn't too taboo, but like, you're not even like, did you, you're under 40?!

Trey Anthony 02:44

I know. It's a little much, but yeah, I'm just, I'm just trying, I'm out there doing what I gotta be doing, you know?! So yes. You know, Black don't crack, doing all of what I got to do, age just just the number, so I don't own any number, that's what I say, I don't own anything. [sic]

Hollywood Jade 02:58

Yeah, I am floored, flabbergasted, and gooped, and gagged when I think about all that you've accomplished already, and you're like, not even remotely close to being that, like, that's so, it's so inspiring.

Trey Anthony 03:14

I'm just starting, I'm just starting. That's what I always say to people. Yes. So I don't own any age. I don't claim anything. I just feel like you just do what you need to do, right?! Like, we're all here, and we're just all doing our best. That's what I say. But we have to excel. That's what I say - excellence is a must.

Trey Anthony 03:17

So I want to get into this, like, where did, where did this come from? Like where did the gumption.. and I'm gonna use this word, because thinking about the fact that "Da Kink in My Hair," which is what most people probably first took note of you from, was first put up, not first put on stage, but was put on like a big Canadian stage back in 2005.

Trey Anthony 03:56

Yes, yes.

Hollywood Jade 03:59

And I know this because I was one of those people who made sure that they went and saw it, I still have..

Trey Anthony 04:05

Oh my gosh! [laughing]

Hollywood Jade 04:10

I still have my program. And I kept it because it was, like as a young artist who was trying to figure out his footing in a country where I didn't see myself, quite literally, you know, I didn't see myself, to go and watch a production by black women, starring Black women telling Black women stories in a dialect that was familiar to me.

Trey Anthony 04:41

Yes.

Hollywood Jade 04:42

And realizing now, just now, I was today years old, what I realized like we are very similar in age and I, I could not have, I could not have had the gumption to do what you did, the way that you did it at that time. Like where did that come from?

Trey Anthony 05:00

I would say, without a doubt, I think I was talking to Lee before the show and I said to Lee, you're Jamaican, right?! Because I will say, it's the Jamaican in me, right?! I was raised by a Jamaican grandmother, a Jamaican mother, a Jamaican father., and you know, that stereotype that Jamaicans have like 29 jobs and then some, right?! And my grandmother was, I talked about it in my book "Black girl in love with herself" to, something that was really great for me, but also to my own detriment as well, like, we weren't allowed to rest, right?! Like, and our standards were set at this, and I talked about in my book, where I said, my mother used to burst open my room door at like six in the morning, and her favorite thing was, "There must be something more constructive you could be doing with your time than sleep." And so we weren't allowed to sleep. Like it really was as simple as that. And as I said, it's also to my detriment, because I also have a really hard time at sleeping, I'm also very hard on myself, I also suffer a lot from imposter syndrome and thinking I haven't done enough. I come from those Jamaican families where, you know, if you got all A's, and there was one B, my, my grandmother would say, "But what is this? What is this? What is the B?" Right?! Or my father would never say "I'm proud of you," he would just be like, "Oh, good, good, good, good." Right?! So you could be like,

Hollywood Jade 06:34

Mhm mhm.

Trey Anthony 06:36

That's it. So I feel and I've been in therapy for years still try to figure this out of this thing of trying to make them feel like I want to feel that they're proud of me, or that I'm doing enough. So I think that's where my work ethic and drive come from, is this desire to make my family proud, but also this desire in me of like, you've got one life to live, and you got to live it, and I'm sure like, every single Black person who's listening to this, you know how we have that same way your family goes, you got to work twice as hard to get twice as far as them and blah, blah, blah, blah. So that's really where it came from. And also, Hollywood, in my silence, in that quiet moment, and I know you mentioned your meditation, it is that thing of always knowing that I'm walking in my purpose.

Hollywood Jade 07:31

Whoo!

Trey Anthony 07:31

So I have to walk in my purpose. I have to do work that I love. And I believe God, the universe with, whoever you refer to, for me it's God and the universe, put me here to do the work that I need to do. And I truly do believe it's about empowering Black people, it's empowering the queer community, and that's where I feel I need to be. And so every single time I get up, I thank God for that. And I say, I was put here to do the work that I need to do, and it's not done. When God says he's done with me, he or

she is done with me, then I'll be like, it's done. But for now, I know, every single blessing came because I was chosen to do the work that I'm doing. And that's it. Yeah,

Hollywood Jade 08:18

I resonate with so much of what you just said, I like to say "I'm living on purpose."

Trey Anthony 08:25

Yes, yes.

Hollywood Jade 08:26

If you really take it in and look at it, it can be, you can mean multiple things. And like, the the key for me, though, is purpose and like doing purpose work and, and knowing and recognizing that I am planting seeds for trees that I may or may not ever sit under, this need to be planted?

Trey Anthony 08:48

Yes, yes.

Hollywood Jade 08:49

Yeah?!

Trey Anthony 08:50

Exactly. Yes.

Hollywood Jade 08:52

And you've done that. Like I said, I I have my mother's child so like, I keep things that mean something to me, and I remember leaving the Mirvish Theatre that day and being like I need to take bring my mom to come and see this. Like that's what it did for me immediately and it has stuck with me and like "Da Kink" won you multiple NAACP awards and broke box office records, and a lot of people, here in particular, would rest there but you didn't, you were like there's more purpose work to do.

Trey Anthony 09:32

Yes.

Hollywood Jade 09:33

And then the play the stage play went on to become a TV show.

Trey Anthony 09:39

Yeah.

Hollywood Jade 09:41

After touring, obviously here the states in the UK, but like it went on to become a TV show. How did that process for you, like not having, you know, like, a Shonda Rhimes at the time, literally to be like, Ah, it's possible. How was that process of getting your work from stage to screen?

Trey Anthony 10:04

I will say, my co-creator, and Ngozi Paul, who worked with me on this, if there's anybody who needs to get credit, I usually always get the credit of being called the first Black woman to ever have a show on the primetime network, but we co-created the series together. And Ngozi was the driving force behind that she came to me with the idea and said, "Trey, we could turn this into a TV show." And if you ask her, I went, "No, I'm good." [laughing] I was like, "No, I don't want to do TV, TV is not for me." And it was because I really, I thrive in having creative control of my projects, and I knew just from hearing about how other people navigate the industry, it's not a very empowering place to be, and especially as a Black queer woman, and especially at that time, a Black young, queer woman, I just felt that I didn't want them to water down what I knew was my vision. And so, I always say to people, like people always talk about how much the show affected them of watching the show with their families every Sunday at seven, you know, and the TV show was an amazing thing for us as Black people, like and I would never took away from that, but I will say Hollywood, you saw the play, and it was a different version of what I wanted the TV show to be. And so every time I look at the TV show, it's a little bittersweet moment for me, because it wasn't what I felt was my vision executed, and I didn't have I feel the voice to demand what I want on it, right. And to say, this isn't exactly what I want. And this isn't how I see it, you know, but it's funny enough, everything comes full circle because I, and Ngozi and I now, and Ngozi and I are now in talks with a producer to do a reboot of "Da Kink" right TV show. And the first thing we said to her, I said, that wasn't the show I wanted to make. And so, I now want to do an edgier version, I want to do a version that felt more real, and they're allowed to play. And so I will never, ever knock the blessing of what "Da Kink" TV show was, and what's to me and to so many other people, and people who are in the industry who worked on that show. But now I feel really excited about this rebirth of what "Da Kink" will be again.

Hollywood Jade 12:44

I, hearing you, it's so funny, because I didn't take in the context, I thought it was a, an intentional choice to make the TV show feel "lighter" and more "palatable" air quotes. [both laughing] Yes, you guys can see my face like red and saying "Nooo!" But also, too, I feel like like the world and the, and the industry is ready for a more authentic, more rooted more, like, like, 'cause the plate deals with some very heavy subject matter, right?! And the TV show didn't really get as in depth as I mean, you know, it's 30, it's a half an hour show, all the jazz, but I'm excited about that. Yes!

Trey Anthony 13:34

Yes, I feel excited, I'm really excited. And I think too, it's about growth, right. Like personally now. And Ngozi. and I were talking, we now know how to stand in our power. And back then we didn't. And so I think what will come out of this now will be what this vision would look like if we were allowed to stand in our power, right?! 15 years ago, right?! So that's where we're at right now, yeah.

Hollywood Jade 14:05

And like how different the world is? You've, you've mentioned your your sexuality a couple of times now, I wanted to ask you, when did you come into yourself and was it something that you felt you could do publicly? Or did it take a while? Like, what was the journey like with, with the coming into yourself?

Trey Anthony 14:31

Well, it's so funny, it was so many different journeys, right?! When I wrote the kink, I was coming out to my family and friends, right?! So.. and one of the monologues dealt with, as you know, like a woman coming out to her mom as gay and that really was just based on my entire life where my grandmother stopped talking to me, my grandma was like, I yeah, "I would never leave the house again, and bring shame, shame, shame by me, white people must be teachin' you this, somebody put something in your food." You know, all of these kinds of jabs, right? We know that they all read from the same script. We know..

Hollywood Jade 15:08

The rhetoric, the rhetoric, is there. [both laughing]

Trey Anthony 15:10

Right?! And if your family doesn't, I say you are blessed and thankful for that, right?! But I feel so many of us know the script of what the Jamaican family says, right?! And some things are shifting now, so I'm happy for that. But that was my family. And so it was hard for me. So I was out to my family during "Da Kink." But it wasn't until we got to Mirvish and I was doing an interview with Now Magazine, and Debbie Young, bless Debbie, said to me, "It's so important for you to come out, Trey." And and I was like, "No, no, no, I think it's going to affect my career. I built my career on Jamaicans coming to see me, and everybody knows how homophobic our community could be." And she was just like, "Okay, you think people don't know?" [laughing] Because you think people don't know, you're lying to yourself right? If you feel people don't know." And at that point in time, I had a partner and I was being interviewed by ET Canada, Entertainment Tonight, and I was pretending like they did a day in the life of Trey Anthony, and this was the part what really hurt me is that I didn't allow my partner to be seen on screen, and we were living together. And I remember going home, and she was so upset, and she said to me, "I'm the person who you eat meals with, I'm the person who you run your scripts by, I'm the person who's in your bed every night, and you've decided that you don't want people to know?"

Hollywood Jade 16:47

Wow.

Trey Anthony 16:48

When I saw the look on her face, that really affected me. And I was also at that time volunteering with, Oh my god, what was it called - Soy?! BQI Why was it a PQI? Why were you?! And I knew they knew because I was volunteering there, but I knew some of them were looking at me like why she say, "Oh, be proud of who you are, and get out publicly." And so those were all of the things that it was

kind of like this triple domino effect, that in the middle of the interview, the reporter said to me for Now Magazine, they said, there's been some rumors, right?! that you are queer, or gay I think he said at that time, and, and they said, you know, and you've written a monologue that deals with someone coming out, and what is your stance? And it was just right then and there, I was just tired, like, I was just tired of the farce. And I can say, and I will say to everybody, I was lucky at that point, that I had the financial means to come out and also know that it wasn't going to affect me, I had the emotional support, and I felt ready to just my truth. And it was right there, and then I said, "Yes, I'm gay." And that was kind of when the floodgates just kind of opened up and it came out, but I had already been out to my family, I just wasn't out publicly.

Hollywood Jade 18:19

No, I only ask, because I also think that like the whole coming out is, is a really outdated way of viewing people like and as someone who's never had that moment, like I just started living my life for myself and whoever was attracted to that came into my life and whoever wasn't removed themselves, and eventually we all found their way back. You know, what I'm talking about families changing and growth and, and things progressing. Like I am, I'm living proof that it is possible for very Jamaican people

Trey Anthony 18:57

Very much.

Hollywood Jade 18:57

- to get outside of themselves and see us as people more than our sexual orientation, or who they think we're sleeping with, you know what I mean? But it's, I think it's important for especially new people who are being introduced to you through this podcast, or people who feel like they might have already known you to hear it from your mouth and from your perspective, because it's, it's not, it's usually for a lot of people that narrative is taken away from us, you know what I mean?! And then reclaim it being like "I am" and trying to explain who we are and who we love to people who genuinely don't matter. [both laughing] So no, thank you. Yeah, thanks for sharing that.

Hollywood Jade 19:48

So you've, I know I'm like abbreviating things but like I'm, I want to move on to your books.

Trey Anthony 19:57

Yeah!

Hollywood Jade 19:58

Um like so you have two books. One is called "How Black Mothers Say I Love You", which is now has been turned into a short film or a full film.

Trey Anthony 20:11

We have a short film, and we're actually shopping the TV series and "How Black Mothers Say I Love You" was a play. And then we wrote the play book, so it became a book. And now we're shopping it as a TV series. And it also was a short documentary, as well. So, um.

Hollywood Jade 20:31

I'm giving [both laughing]

Trey Anthony 20:32

Yeah.

Trey Anthony 20:33

So that's where we're at currently with that. And the script was shortlisted at Sundance, so we were very excited about it. And we're still shopping it around, I really want it as a TV show, because the main lead is a Black lesbian, and it's about her dealing with her relationship with her mom, who's this very staunch, Jamaican Christian woman, who they've been separated for five years, estranged for five years, and her dealing with coming home and living as a lesbian in her mom's Christian household. And these women coming together to just really deal with their stuff, right?! And also, that Jamaican migration experience of mothers leaving their children behind and what that then looks like and how

Hollywood Jade 21:21

for them?!

Trey Anthony 21:21

the child that's right in the household as well with that history.

Hollywood Jade 21:27

I think one of my favorite things about your work is how many layers there are in, it's like, it's presented this way, but underneath it, there are multiple layers of things that are discussion pieces, and, and trauma, and baggage, and things that need to be unpacked. And I think, for me, personally, that's what resonated the most with me with "Da King in My Hair" play, and even the TV show like there, there was, there was seeing Joy, because we all have a Joy in our family, like everybody has a Joy in their family and seeing Joy. [both laughing] Joy, one of my favorite things that I will never forget it, is when Joy said "If God intended for me to touch my feet, I'm going to put them at my knees." [both laughing]

Trey Anthony 22:27

At to this day, I'm still trying.

Hollywood Jade 22:31

Well, forever, but like it's, but understanding Joy, because on the surface Joy is is loud and she's all of these things, but there's so much layers to joy. And like I don't think that's really something that I find really beautiful about the way that you structure your work, it's like we're telling this story, but there's

this story, and if you really look closely, there's a whole other thing happening underneath. And I think we need more narrations and narrators who are putting that much thought into the work that they're doing. So I sincerely thank you for, for your perspective. And it's, it's needed, especially here, especially here.

Trey Anthony 23:17

Yes.

Hollywood Jade 23:18

I want to talk about "Black Girl in Love with Herself."

Trey Anthony 23:22

Yeah! [laughing] Ooh, yes. Yes, Hollywood, yes.

Hollywood Jade 23:33

You are a black girl, and a black girl in love with herself.

Trey Anthony 23:38

Yeah, I'm trying. And I love to say that to people who email me and reach out to me about how much the book has changed their life and around the self love movement and what that looks like, because it's not a final destination, you get to, right?! There are some days you're better at loving yourself than others, there are some days that you don't love yourself at all. Like, even just this morning before I started this interview, I went for a run and I had been a runner for now about two years, and all of a sudden, probably in the last six weeks, I just stopped running. I've been eating a whole bunch of junk, gained a lot of weight, out to my meditation practice, and I've been stressed out and I've been in full mommy mode and you know, just life has happened to me. And this morning, I just wrote in my journal and I said, "What happened to loving you? Like where did that all go?" You know?! and I started back again to run because I know that is a way that I offer care and love to myself, you know, and I've been very open about my depression, that I have depression and I take medication for that, and I talk about that in the book, and I realized this morning for four days I have not taken my medication, right?! So and things were just feeling heavy and I couldn't figure it out but life again had gotten in the way. And it was like, You know what it looks like to take care of yourself: one is exercise, one is saying no to things., one is meditation, one is taking your medication, one is journaling, you know?! cooking really well for yourself, all of those things, but even me, who has written this book where people say, I'm the self help guru, I forget, you know?! And so I always want to really be transparent with everybody in my life, to say, I don't always get it right. And I'm in one of those, what was it, they call it "the valleys," right?! [laughing] I'm in one of those valleys right now, where I haven't been getting it right, and I just started this morning to get it right again, right?! So I just really want people to know that, that you always have to have these little reminders and check in with yourself. Because this morning, I looked at my phone and I saw my schedule. I was like, Oh my God, I hate by like, you don't start your like your day like this, what's going on with you? And I realized, I've been saying yes to so many things, and people and projects that I had put myself on the bottom of my own to do lists, and that stops today,

right?! So I just really want when people read the book, and I think that's what people talk about is, how transparent I am, how it has made them talk about their own self journey, and love and trauma that we come from, you know, I'm really looking at the cycles of dysfunctions within our own families, within our own loverships with, you know, how we pick partners, how we show up to be loved, how we show up not to be loved, right?! [laughing] All of those things. And that is why I wrote the book because I wrote the book when I was in one of my deepest, darkest places where a relationship had ended really in a very painful and traumatic way, and my whole life blew up in my face, and I found myself just going, what happened? Like, why were you so invested in loving someone else at the expense of your own well being? And

Hollywood Jade 27:10

Yes!

Trey Anthony 27:11

Right. [laughing] Yeah.

Hollywood Jade 27:14

See, this is folks, I know like, I felt, I fell right into what you were just saying, and this is why when you do your your touring shows, they are sold out events, because you're talking and I'm like, Uh huh, relatable content, relatable content, like you said, we know what it feels like those of us who've, who've already started the process and the journey of loving ourselves fully. Like we, we know what it feels like to do that.

Trey Anthony 27:40

Yes.

Hollywood Jade 27:40

Why is it challenging sometimes to maintain that?

Trey Anthony 27:46

Yes. Yes.

Hollywood Jade 27:48

But, but that's, that's, that, but that's part of the journey, you know?! And I think that it is, it's, it's, it's necessary to like, do a check in with yourself and be like, I don't feel as good as I want to feel. What am I doing? That's hindering me from feeling as good as I want to feel? Like you said, you put yourself at the bottom of your to do list and then you're wondering, you feel crazy. Yeah, definitely.

Trey Anthony 28:17

And that's exactly where I was. I was just like, what happened and it was this morning when I had the side looking at my phone because I'm not that person. Like I'm invested in my life and I love what I do. So for me to roll over in my bed and look at my phone and look at my schedule and go oh my God, I

hate my life. I was like, ah, what happened? What has happened? Right?! and so that's when I was like, you know, we got to do some, you know, adjustment, some realignment in this, because you cannot wake up at six in the morning saying I hate my life, right?! There's something that has to shift.

Hollywood Jade 28:51

Yeah, we there has to be something is is out of balance and, and within the last two years, one of the things that I've definitely learned is balance, and I prioritize balance right like I am willing to do all the work and get all the things done but I'm also willing to sit down and watch Dynasty

Trey Anthony 29:15

Yeah [laughing]

Hollywood Jade 29:17

Because Dynasty makes me feel good,

Trey Anthony 29:21

There you go, yes

Hollywood Jade 29:23

Seeing these people and their problems makes me feel less alone, you know what I'm saying. [both laughing]

Trey Anthony 29:32

I'm like that with "90 Day Fiance." That's me, and "My 90-day fiance."

Hollywood Jade 29:44

And so we I talk really briefly about your you tour and you do these these black girl in love with yourself self-help talks, I guess is how we would describe them.

Trey Anthony 29:56

Yes, yeah.

Hollywood Jade 29:58

But you've also spoken at like Harvard University, NYU, you've been a guest lecturer for the University of Massachusetts, University of Waterloo, McMaster University and Ryerson University. Where does your desire to speak to like, young people are people who are transitioning into the like, adult phase of their life? Where does that come from for you?

Trey Anthony 30:24

I think it comes from that desire of I wish someone like me showed up at either my high school or my university. I think so many things would make sense to me back then, if I saw someone like me, who said, "Oh, you can actually do this," or "I know what it feels to be walking in your skin as a Black

person." And for me, that's where it comes from. I really get that from that. And I also really get bad from also speaking to Black women especially, who are in that age range of 35 to 54, because I think so many of us are trying to figure it out, right?! And so many of us have that, you know, checklist and I talked about it in my book, right? Where you're like, by this age, I should have this, and I should have that, and I should do this, and I should have this amount of money in my bank account, and this person needs to love me, and I need to have this white picket fence, and I need to have the dog's name Spa. And then when you don't have those things, you feel like a failure, you know?! And so it was funny, I was just having a conversation with my sister recently, who's married and has a house, and has the kids, and everything else, and a great career, and but she said to me, I feel one of the reasons why you got so far in your career is because you put a lot of time and energy into your career more than you put into personal, right?! And there was a part of me that was like, OMG she's right, even now, I'm single, and sometimes you know, you don't when you date maybe like me like I can't do this no map script for right now be sure to produce, like all of these names. And I don't even have a wife! [laughing]

Hollywood Jade 32:19

That is where I am presently at all my friends are like, you know, you shouldn't be by yourself. And like, Guys, I actually quite prefer this because minute I'm not typing an idiot vibe come stressing.

Trey Anthony 32:30

Thank you! Right. So that is how I feel right now. And so even my mother's like, "I think you just like me being by yourself." And I said I do, I actually do. [laughing]

Hollywood Jade 32:43

I, I listen, when, when Whoopi said she didn't want nobody all up in her house with her stuff, I got it. I'm like, I understand now.

Trey Anthony 32:53

I got it. And I don't know if you feel like this, Hollywood, we were but I feel like there are days that, but there are days that I wake up and I was like, Oh, I really want to share my life with somebody. And I want my person, and I want somebody to pick me. And so I'm very conflicted, but I also know, I also really enjoy my own company. I like the silence. I'm a workaholic, and I admit that, and people don't understand me if you're getting up at four in the morning to finish a script, or you're going on tour for six weeks, you know, all of those things. But there is a part of me that I'm really hoping that I'm going to be able to have all of those things in a bag, right? So that's what I'm trying to get right now, but I haven't been as successful at it as I would like to. Yeah. [laughing]

Hollywood Jade 33:42

I understand I have this thing that I say "Trying is failing with grace." So you're doing it.

Trey Anthony 33:49

Ooh I like that, I love that.

Hollywood Jade 33:52

You're doing, in the doing is where the discovery comes. And it's like, okay, we're doing it this way, that doesn't work. Let's try let's do it this way, that's not working. It's the doing, you know, and right now my doing is focused on building me and, and I just may not have time for the destructions. [both laughing]

Trey Anthony 34:19

Like Oh! but I'm trying..

Hollywood Jade 34:24

I had, I had, I had a really good week and it would have been really lovely to have somebody to be there to be like "Good job!" And I think in, in God's plan for our lives is not for us to not have someone to share that with, which sort of segues me into something that you also mentioned, but like you've been in mommy mode, you've recently adopted your son.

Trey Anthony 34:56

Yes, yes. So my son is two years old and I adopted him when he was two weeks old, so I'm a solo mom. And I talked about this in the book that it wasn't by choice, like I went into this adoption process with my partner at the time. And then I found myself a solo mom, so motherhood wasn't an easy journey for me. It was something though, as a Black queer woman, I knew that I wanted to create family, and I knew it wouldn't be as simple as, you know, going to bed and saying, let's make a baby, right? So I knew that much. So, definitely a journey and a process for me. But it has been something that has been one of the hardest things I've ever done in my life. To be a creative entrepreneur and be somebody's mother and do it as a solo parent, I take my hat off to, you know, my mom was a solo mom, she had three kids, and my mother had, like, you know, worked three jobs to make it happen. And I swear to you, if there's anything that I've learned in this, is that you got to go and apologize to your parents sometimes, right?! [laughing] It just, how did you do this?! You gotta give them some grace, you gotta give them some grace, right?! Because it really has made me see my mother in a whole entire different light. And if this thing is not my, not me and my ass boy, I'm not I'm not even playing, I'm not even playing. And they're here. I hate it here!

Hollywood Jade 36:39

I love you for this because I tell anyone who listens like and again, this is so refreshing to me because like, I truly admire your, your journey in your career, but I also want to be a dad, like, I love kids like I

Trey Anthony 36:55

Come I got a two year old. We could co-parent with you in this really unconventional. This is what you want Hollywood, look no further. [both laughing]

Hollywood Jade 37:06

But, but like I love so, but hearing hearing the flip side of it being like this thing has really knocked me on my ass, and I'm like, I'm like, Okay, so maybe being a single dad is not going to be all that I thought it might be.

Trey Anthony 37:21

It's a lot. And that is, of course, you know, I love my son, and he's amazing, and he's the most funniest person I've ever met. But they are, they got a personality and they got, they have desires, they have needs, and they will let you know that.

Hollywood Jade 37:44

To me, kids nowadays aren't like, kids, when when we were kids, like kids nowadays, at three and four years old, are fully formed young adults.

Trey Anthony 37:55

Fully formed, fully formed. I don't know, just these pandemic babies, but they just come out at a whole different level of attitude. It's titled bid, this is how it's gonna be done mommy. And I'm just like, oh, I sometimes look at him. And I'm like, "Oh, my gosh." So it has been a journey and it's not balanced, you know. And I'm working this out with like my therapist around also to asking for help. and being able to say this is a lot for me, and to ask for help, you know, from your family, your friends, but also to hire help. That's been another big thing that I struggled with for the longest time of saying, Well, who are you? You're a little Black girl from Rexdale. Your mom had you at 16. And now you're gonna hire a full-time nanny, who are you? Right? Yeah, this realization that I've come to in, you know, the last week of saying, I need a full time nanny, if I'm gonna run out the way I'm running, and I'm blessed that I have the resources to be able to say I can look at that. But I think especially.. Sorry,

Hollywood Jade 39:03

Sorry, I thought I lost you for a second. Sorry. No, go ahead.

Trey Anthony 39:06

Yeah, and I think you know, and it's something that it's worked out, I have a black lesbian therapist, who is also a mom. And she said to me, we sometimes as Black women, we really like to be invested sometimes in hardship, right?! Because we've learned that from our family and our mothers. And she said, if there's one thing I've learned Trey, is hire the help if you have the resources, why do you deny yourself luxury sometimes, right?! And that is something that I'm really starting to step into, of what is wrong with saying that I need this help. And maybe it's viewed as a luxury to some, but you know what, it's a necessity for me.

Hollywood Jade 39:49

Yeah, it's not that I'm a therapist, but listening to you talk, it's it's part of it sounds like that's tied up in the imposter syndrome being like, you know how, how, like you said, Who am I, who you are is a playwright, a TV executive, an author-ist, and you've, you've earned the right to afford help, you know. Like, and we I come from a time where the community raised the so if your mom was at work, the next

door neighbor looking on you to make sure you guys eat and the lights turn off, we.. it has just shifted, our help has shifted from Auntie Maxine next door to I need you to be here at this time, I need this done, this done, this done, this done. And here's your check.

Trey Anthony 40:46

And it's okay. And I think we really have to look at that, you know. And I think a lot of us may talk about it in my book, "Black girl in love with herself," I know for me, I say, you know, I grew up a very working class, right?! You know, my grandmother used to sweep the trains for a living for London Transport. My mom was a single mom, we grew up in Rexdale, you know, three of us, you know. And I always think about my, my mother and grandmother did it with little to no help, so who am I to complain? But my therapist was really clear and said to me, but you're not them and you don't have to wear their struggle on your back, right?! You really don't they did all of that, so you didn't have to, right?!

Hollywood Jade 41:31

Listen, and I say it all the time and people don't understand my drive and and oh, how to do this then, the third, I said listen, my grandmother did not pick up her good self and leave the only place where she's known as home to come to this Canada for me to be here and just be just Daya. [both laughing] Like I refuse you know, I'm a first generation Canadian and I wear that with pride and like I get to help establish what my family's name means in this country and I take that responsibility, that responsibility seriously, and if you are the legacy of your grandmother and your mother I hope that they are immensely proud because seeing you do all that you've done, and again, really just now realizing that, like you make me feel like I need to get up and do more stuff [both laughing] because I'm like wait a second now child, you, you, Hollywood there's more work that you can do, and I think it's important and, and not from a standpoint of, of I'm not doing enough because I do do a lot, but like I'm just so inspired by all that you have done not just for yourself but for so many people, like you have given platform and voice and representation you talk about speaking at these things and, and wishing that you had somebody who looked like you, who come, but you've shown up in these spaces and have have carved out a path where the Amanda Parris's of the world can get Chills greenlit by CBC Gem, and I can be my authentic self on camera just as I am because the Canadian audience was exposed to Black queerness, Blackness, Black Caribbeaness, through your work on multiple platforms, and it's, it's, it's inspiring and it is, it is uplifting, and I thank you i sincerely if I hadn't hat on I would have taken it off, and just it's beautiful and you are a perfect example of despite all things, despite all limitations, despite all odds, we can, we can thrive.

Trey Anthony 41:33

Oh my gosh, Hollywood, you making me, I you're, gotta make me cry. Remember I haven't been taking my medication so I'm my mess! [both laughing]

Hollywood Jade 44:20

I hope it's a shot of like goodness, because like you really

Trey Anthony 44:23

It is! You know, it's so funny. When you think you're doing something and then you realize what a gift it is back to you. And I will say this in this interview, like I woke up this morning in such a mode, a mood of like, Oh my God, I haven't done enough in my life, what am I doing? Oh my this I hate that. And it was you've been a beautiful reminder to me of like, Wait a second. This was you in your ear being really hard on yourself and I really feel the universe really aligned this interview today because I needed to hear this.

Hollywood Jade 44:58

I'm -

Trey Anthony 44:59

Get all teary, but I really needed to hear this, and I thank you for that. Oh my god, I have a friend. Yeah, I really thank it's about because I needed that reminder. Not in a way to be like picking up my head, but just in a reminder to say your work means something to people, you mean something to people

Hollywood Jade 45:21

You do.

Hollywood Jade 45:23

And you make a difference.

Trey Anthony 45:24

Thank you for that. I really do. I'll to do the ugly cry today, Trey.

Hollywood Jade 45:31

You, you make a difference, you have made a difference. And I cannot wait to see this new version of "Da Kink." I, getting to see your fully realized vision, I think is different cultures, I have a friend, the near and dear to me, and he says all the time, because he speaks so much life into me, and I'm like, Ah, and he's like, friend, I am nothing but a mirror, I am I am holding up a mirror to be a reflection of you, and you are a reflection to me. And I thank you so much for today, this was so special to me getting to say all of this to you and share this with you and learn more about you and I look forward to the day where I get to work with you on -

Trey Anthony 46:19

Oh, listen, I was just sitting here going where can I put Hollywood? What can I write because you are so dynamic. So you put that out into the universe, my brains ready going? I was just like, can I put him in? What can I do with Hollywood? I'm going to put Hollywood somewhere? So don't worry, I got you. I got you up here.

Hollywood Jade 46:37

Thank you so much for your time. Thank you so much for your time, and I look forward to the to all of it, because I'd know like we said you are just getting started.

Trey Anthony 46:47

I'm just getting started. And I do want to remind people, I'm coming to Toronto for my tour, so tell people check out treanthy.com, I'm gonna be doing something with Harbourfront. And you're gonna hear it here first Hollywood, "Da Kink" is coming back, the play. Yes. In November, in Toronto, so that's all I'm gonna say, but it's coming back, we're working on it. It's coming back. We have an amazing venue with some of the original cast members, some new ones, molds and everything else.

Hollywood Jade 47:19

Oh my God. Yes, for the exclusive. Thank you.

Trey Anthony 47:25

Exclusive and please don't go buy my book, "Black Girl in Love with Herself" and Hollywood, thank you so much. Thank you to Lee, who was behind the scenes, who set this all up., so I really appreciate it and also my team as well. So thank you. Thank you. Thank you. Thank you.

Hollywood Jade 47:41

Thank you. In Black, Queer and Trans Excellence with Hollywood Jade and our special extra special guests, the one and only, Miss Trey Anthony!