

EGSM – BEHIND THE SCENES - HELEN & LOWRI

Content Warnings

- Innuendo
- Mentions of: cults, death
- SFX: occasional popping

LOWRI

I'm gonna do my Helen impression. Uh oh, no I'm not. Too much pressure!

HELEN

[laughs]

LOWRI

[laughing] 'K!

[Show Theme - Intro]

LOWRI

Hello friends and fans and welcome to this special break content episode of Enthusigasm, the show where we talk about a few of our favourite things. I'm not your host-

HELEN

[laughs]

LOWRI

I am your co-host for today, I suppose, Lowri, the producer of Enthusigasm and I am delighted, thrilled and beyond ecstatic-

HELEN

[laughing helplessly, and **LOWRI** joins in]

LOWRI

To be joined by-

HELEN

[still laughing] This is such a good impression of me!

LOWRI

If Helen were Welsh, this is what she'd be. [laughs] Please could you-

HELEN

[still laughing] You've heard me do the introduction so many times! Yes, hello, my name is Helen, my pronouns are she, he and they, I am the director and host of Enthusigasm. That was absolutely a spectacular impression.

LOWRI

Yay! [laughs]

HELEN

Because I've got the - I mean first bit of behind the scenes secrets, I do have the introduction written down, so I do end up pronouncing it the same way each time because it's not improvised! [laughs]

LOWRI

Yeah, and that wasn't from memory, actually I realised that might have made me sound really like, like I have a very good memory, I do not. I have it written down in front of me.

(Both laughing)

HELEN

Well consistency is good!

LOWRI

Yes indeed, I enjoyed that, that was fun.

HELEN

[laughs]

LOWRI

Helen, what are we doing?

HELEN

Right, this a behind the scenes episode in which we're just going to talk about what we do, the bits that you don't hear.

LOWRI

Yeah!

HELEN

I guess. And you know, I think that we are both co-hosts in this because I think this is going to be a very equal conversation.

LOWRI

Yes, yeah. I realised I did kind of promote myself there actually. [laughs] I was like yeah, let's co-host!

HELEN

No, for this episode you are absolutely, we are both co-hosts here.

LOWRI

Huzzah!

HELEN

Do you have questions and stuff?

LOWRI

Yeah, I got, I've got some questions that I've written down.

(Both laughing)

LOWRI

I suppose the first question is, and I actually don't know the answer to this, where did the idea for Enthusiasm come from, how did it come to be?

HELEN

Hm. This is one that people might not be expecting but it wasn't technically my idea.

LOWRI

Ah!

(Both laughing)

HELEN

April and Alex had been like... oh god, I really hope that I get this correct because it was a good, you know, one and a half, two years ago now. Basically they were like: look, we want to branch out, we want to figure out a show where we can sort of, have a more personal, chatty, relaxed vibe and where we can introduce people to Rusty Quill folks and not just Rusty Quill folks, but people from the network. And like sort of, help us make a show that is fun to listen to and has like a relaxed vibe, but also serves like a really useful double purpose of also being like: hey, so, we have loads of creators who also make these other things.

LOWRI

Mm.

HELEN

But like, not in a super-promotey way.

LOWRI

Yeah, I mean from that, for me it's been really nice to get the excuse to like, chat to loads of different people that I normally wouldn't work with within Rusty Quill, right?

HELEN

[laughs]

LOWRI

So like-

HELEN

Yeah! That is, that has been really lovely actually.

LOWRI

Yeah. Yeah. Maybe that's - that's for the "what's been nice about it?" section, maybe I've jumped the gun there.

(Both laughing)

HELEN

But yeah, so April and Alex were like: "Yeah, we think there should be a chat show, we think you'd be a good host for a chat show, what do you think?"

LOWRI

Mm hm.

HELEN

And I was like: "Yes! Yes! I would like my own chat show!"

LOWRI

Yes please, thank you!

HELEN

Yeah - they were like: "Oh, give us a pitch."

LOWRI

Oh cool!

HELEN

And they sent me a pitch document and I wrote it up. So it wasn't me going to them saying: I want to do a show-

LOWRI

Yeah.

HELEN

It was them saying: we have an idea for something that would be cool for us to do, do you want to do it?

LOWRI

Fill in the blanks as well, it sounds like?

HELEN

Yeah. I mean I might have the pitch document somewhere on my computer right now, I might be able to, to find it...

LOWRI

Ooh, that would be interesting to hear what it's, how it started and if it's changed since the initial idea.

HELEN

OK, if I type in "pitch", I've got Enthusigasm pitch 2021. What does that look like? Ooh this is the proper, this is the proper one, because remember we did the er, we did the Patreon pilot season?

LOWRI

Mm hm.

HELEN

There's 12 episodes on Patreon betw- I think, I think it was only people in Rusty Quill, it was like people like Anil and Nico was on it and-

LOWRI

Yeah. I was in a couple.

HELEN

Yeah, you were in a couple.

LOWRI

Because this before I was involved in Enthusigasm.

HELEN

Yes, it was much, yeah it was very stripped down.

LOWRI

Mm. I was going to follow up that question with like - from idea, what was the journey, and you've kind of answered a little bit there with-

(Both laughing)

HELEN

Well like we did it on Patreon as like a test to see: well does this work?

LOWRI

Mm.

HELEN

Do people listen to it? And people did listen to it and people really liked it, so we're like: OK, well! We'll take it public then!

LOWRI

Huzzah!

HELEN

[laughs] Yeah, very huzzah.

LOWRI

Is there anything interesting in the document?

HELEN

I'm having a look. So this is the Rusty Quill submission form thing that everyone has to use when they're like, pitching something to us. So there's like, you know, you have to have a title, a tagline, a pitch, a treatment, resources that you think you'll need, what kind of cast, what kind of equipment, technical, creator details, that kind of thing. So... [laughs]

LOWRI

A lot of detail, basically!

HELEN

Yeah, I mean it's not that much. Mine is four pages long, just over a thousand words.

LOWRI

Ooft!

HELEN

OK, so maybe as someone who does a lot of writing for a living-

LOWRI

Yeah.

HELEN

That doesn't sound like- [laughs] as high to me...

LOWRI

Yeah, I do not do a lot of writing for a living, very purposefully, so to me that's like, oh that's a lot!

(Both laughing)

LOWRI

That's a lot of sitting down and thinking and putting things on paper. Or on screen I guess.

HELEN

Yeah.

LOWRI

What was the - is there like a summary or a logline or like a - like - "sum it up in a sentence"?

HELEN

That tagline bit I've got here is: "Listen to well-known creators and exciting newcomers talk about a few of their favourite things."

LOWRI

Oh I like that "a few of their favourite things" is from the start.

HELEN

It is! And then it's like - this is a relaxed but professional talk show focused on bringing creators together and finding out more about them as people, offering fun insights and light banter for the audience.

(Both laughing)

LOWRI

I like to think that we've been delivering those things?

HELEN

I think so. I think so. "The guests should be a mix of big and small creators from the front and back end of whatever media they specialise in, so not just actors or writers but audio editors, producers and so on." So that's something that's been important from the beginning.

LOWRI

Mm.

HELEN

Because it's often, you know, it's just like the main people from a podcast that-

LOWRI

Yeah.

HELEN

That get the recognition, so this is also like you're trying to recognise people who may not usually get included, but a lot of the RQ network shows are only run by like two or three people so

LOWRI

Yeah.

HELEN

If you get [laughs] - if you get the producer on you're also getting the-

BOTH TOGETHER

The main actor!

(Both laughing)

LOWRI

But it's been really nice - I touched on this a little before but like for example, Rhys and Gabriel who are IT, like tech support in Rusty Quill,

HELEN

Mm.

LOWRI

Like my only interaction with them really, beyond like you know, the odd social thing is: "Hi, this is broken, please, how do I fix it? Can you fix it? Help!"

HELEN

Yeah [laughs]

LOWRI

So it's really nice to have like, just sit down with them for a couple of hours and just chat about something that they love and get to know them a bit better and obviously I've singled them out and like this is true of like-

HELEN

Of a lot of people, yeah.

LOWRI

Of most of the people. Of most of the people. All of the people!

(Both laughing)

LOWRI

But yeah, that's been really, really nice.

HELEN

I think - I like to think that, I mean I haven't asked so I don't know but I like to think that the fact that anyone can be on Enthusiasm is like, I mean people seem to enjoy being on it and I think it helps us get to know each other better?

LOWRI

Mm.

HELEN

So it's got like that nice side-effect of being like: oh hey, we talked about this thing that we both enjoy, so we have a connection!

LOWRI

Yeah, yeah. You know, get someone hooked on a TV show because that hasn't happened to me!

HELEN

[laughs]

LOWRI

I'm completely hooked on "Hannibal".

(Both laughing)

LOWRI

I cannot cope with scary things, I can't sleep at the moment but I'm loving it.

HELEN

[laughs] And also, I'm just looking at my initial proposal for like the structure of it and like, it was going to be like 10 to 15 minutes where we talk about like, the guests' work specifically.

LOWRI

Mm.

HELEN

And then move onto the main topic.

LOWRI

Ahh...

HELEN

But we've really whittled that down to just being like: "All right, who are you?"

(Both laughing)

LOWRI

Sum it up and then we're talking about the good stuff!

HELEN

Yeah, basically! [laughs] Oh: “The ideal goal is for an atmosphere like The Graham Norton Show but on a podcast.” [laughs]

LOWRI

Oh that's nice!

HELEN

That is genuinely, that's one of my goals. Because The Graham Norton Show always seems so relaxed and-

LOWRI

Yeah!

HELEN

Everyone seems to have a good time when they're on it and people like interact with each other in like really nice ways so I like, I do like that.

LOWRI

It also has the element of: all the guests stay on his sofa, right, and they interact with each other?

HELEN

Mm.

LOWRI

So that's something that happens on the e-sofa of Enthusigasm!

HELEN

[laughs] I love that!

LOWRI

Getting all these people together and talking to each other and not just you as well.

HELEN

That's such a, that's such a good phrase: "the e-sofa of Enthusigasm".

LOWRI

The e-sofa!

(Both laughing)

LOWRI

I like it!

HELEN

I like that in the creator details I did include you know, I was host and showrunner for the pilot version of Enthusigasm for Rusty Quill in the- [laughs]

LOWRI

Well you know, just in case they forgot! [laughs]

HELEN

Yeah. I also included the fact that I have a diploma in journalism. [laughs]

LOWRI

Oh, do you?

HELEN

Yes, I do. And I included that, like I put: NCTJ Diploma in Journalism (relevant in terms of interview skills).

(Both laughing)

HELEN

And then I put "experienced panel moderator".

LOWRI

Oh wow.

HELEN

Like I say, like it wasn't the kind of application where I was like: ooh, will they take it? Because like it was-

LOWRI

Mm.

HELEN

They were just like: just write a pitch for it and then we can- [laughs] We can figure out what it will be from what you think.

LOWRI

Yeah.

HELEN

But yeah, oh that's, that was fun looking at that and thinking - I feel like we have stuck to like the spirit of what I originally wrote down, which is really nice as well.

LOWRI

Mm. I mean it sounds like we have for sure, like the Graham Norton thing has really caught me, because I'm like, yeah, that's exactly the kind of friendly, fun vibe-

HELEN

Yeah, that's exactly what I want to do.

LOWRI

Yeah.

HELEN

And you know, and he and I also have very distinctive laughs, so we've got that going for us too.

LOWRI

Oh well! I mean there we are!

(Both laughing)

LOWRI

I'm very fond of Graham Norton actually, I'm really pleased he's come up!

HELEN

Me too!

(Both laughing)

HELEN

But yeah so, yeah, I sent that off to April, April was like: yeah, cool. The first thing I had to do was think of a name, and I have told this story before and I will tell it again that I came up with loads and loads of different alternatives and then I added in "Enthusigasm" as a joke and that's the one that Alex thought was great.

LOWRI

[laughs] It does roll off the tongue.

HELEN

I wonder if I've got the names, the other names for it...

LOWRI

Ooooh!

HELEN

It was, it was stuff like "Happy Hour"-

LOWRI

Oh, nice.

HELEN

I think at one point I was going to call it like, something like "The Salon" or something?

LOWRI

Oh! I mean weirdly, I don't know why but when you said that I've just realised that I had been expecting all things that began with "E"!

HELEN

[laughs]

LOWRI

Why?!

(Both laughing)

HELEN

Oh! But I'm glad we went with it though, I think it's a good name.

LOWRI

Yeah, I think it's a great name, it's a really, really great name. And it's so memorable as well, like you say it and people are like: "What?!"

(Both laughing)

LOWRI

And you're like: yes, yes, Enthusigasm. It's brilliant. Yep. My phone now, I've typed it so much now auto- well, it doesn't autocorrect "Enthusiasm" to it but it does ping it up as one of the suggestions if I start a word "en-" and I'm like - yeah, recognise that word!

(Both laughing)

HELEN

Yay!

LOWRI

OK so yeah, you got a name and then you did the pilot season.

HELEN

Yeah, basically. Once we'd, we had like a sort of draft of an idea of what it could be we put out a thing saying: hey, here are some initial episodes we want to do. And I remember we were originally only going to do 10, but because everyone wanted to do Lord of the Rings we did three Lord of the Rings episodes!

LOWRI

Yeah!

(Both laughing)

HELEN

So it ended up being 12.

LOWRI

Yeah. There's a lot of people interested in it.

HELEN

Yeah, and I recorded the Lord of the Rings episodes all in one day. [laughs] So I just sat down one afternoon and did the first one: done! And then like I had like about an hour's break or something and then the next batch of people came into the Skype call and we did that one, and then we had another hour's break or so and then, and then we did the third one, and at this point I was quite tired and it was getting a bit late-

LOWRI

Yeah!

HELEN

And this was when April was visiting Mike so they were like feeding off each other's energy and really bubbly, and I could not control the conversation at all! [laughs]

LOWRI

Oh god! [laughs]

HELEN

It was like an hour and a half long! [laughs]

LOWRI

Oh my gosh!

HELEN

At one point I just, I got up and - because I was, I was trying to prove the existence of a little-known Lord of the Rings PC game.

LOWRI

Ooh!

HELEN

And I did later find the CD-ROM of that, but I couldn't find it in time for the call to like, be like: yes! It's here! I was not imagining it!

LOWRI

I am validated!

HELEN

Yes!

(Both laughing)

HELEN

Oh, because I have taken it with me in all of my moves, I have taken that game.

LOWRI

Oh! Oh, is it - well it's good, I guess?

HELEN

Probably not. [laughs]

LOWRI

For a certain definition of good, yes.

HELEN

It's very nostalgic and-

LOWRI

Hm.

HELEN

It has that kind of - the kind of like 90s thing to it where there are bits that are really hard-

LOWRI

Mm.

HELEN

-if they're expecting a child to do it, like there's a bit where you're lost in the woods and you have to try and find - you're Frodo and you have to find Sam and Merry and Pippin who are all in different places.

LOWRI

Yeah.

HELEN

And it all looks the same. Everything looks exactly the same, and genuinely it could take me like an hour to find everybody. [laughs]

LOWRI

Oh my gosh yeah. Have you ever played the Broken Sword trilogies?

HELEN

No?

LOWRI

They were some of my favourite, they're basically point and click detective games and there's a bit where he's lost in the jungle and you just, you're clicking through all these screens and obviously you have to get a certain sequence to get out?

HELEN

Mm.

LOWRI

And I just, like, oh my god!

HELEN

[laughs]

LOWRI

It would take me forever! Forever! [laughs]

HELEN

Nightmare. That kind - I'm not good at puzzles actually. [laughs]

LOWRI

Hm. See I love a puzzle but that for me was too like - no!

HELEN

[laughs]

LOWRI

This requires me to pay too much attention, what are you doing? Let me pick up rope and chewing gum and make a thing out of it! Why? Why are you making me think?

HELEN

[laughs] But yeah, Enthusiasm!

LOWRI

Yes!

HELEN

We made the Patreon version and it went well, and we were like: OK, guess we're making a public version at some point! And at some point you reached out to me and you were like: hey, I don't know when you're making decisions for the public thing but I would really like to be involved.

LOWRI

Yeah.

HELEN

And I was like: yes! I like Lowri!

LOWRI

Yay!

HELEN

Let's have Lowri be involved!

(Both laughing)

LOWRI

Yeah, I remember, because we'd had a producer meeting and they'd said: oh yeah, so there's going to be a new season of Enthusigasm, and I was like: oh IS there now...?

(Both laughing)

LOWRI

This sounds like a thing I like!

HELEN

[laughing]

LOWRI

And I was like: I want to work with Helen! So I just remember being a little bit nervous when I messaged you about that actually.

HELEN

Aww!

LOWRI

Because I wasn't sure, I was like - I really want to let you know that I want to do this, but I also didn't want to push myself, I didn't want to overstep a boundary I guess, I don't know. I wasn't sure if it was OK for me be like: "Hi, I wanna do this thing!" [laughs] But I was like, I want to let you know.

(Both laughing)

HELEN

Obviously I think it was OK because I was like - yes, yes, you can do the thing!

LOWRI

Yes, yes.

HELEN

But aww!

LOWRI

Yeah.

HELEN

Aww, that's so sweet!

(Both laughing)

LOWRI

I also had not factored in how much Magnus would overlap with it, like-

HELEN

Oh no!

LOWRI

-that was a nightmare! [laughs]

HELEN

No! [laughs]

LOWRI

Yeah because the end - the tail end of Magnus carried on, oh - context! I produced Magnus Archives from halfway through season 4 through to the end and we had a long tail of like bonus content after the main story finished, yeah, and that crossover with Enthusigasm was a lot longer than I thought it was gonna be.

HELEN

Yeah, it's literally only been like a few weeks since it finished or something at this moment. [laughs]

LOWRI

Yeah. Yeah. Yeah, it was a lot, but it was fun.

HELEN

Aww!

LOWRI

We got it done!

HELEN

Yeah, you did.

LOWRI

OK. Then I guess is now a good time for us to talk about the actual recording of it and like the standout moments from...?

HELEN

Oooh. OK. All right.

LOWRI

The journey?

(Both laughing)

LOWRI

No? Do we not like that? OK!

Rusty Quill Enthusigasm – Behind the Scenes - Helen & Lowri

HELEN

Standout moments from the jo-

LOWRI

I have one!

HELEN

Oh, ooh, go on then, go on then!

LOWRI

I have one, I have one immediately.

HELEN

Oh yeah?

LOWRI

I guess spoilers for Enthusigasm!

(Both laughing)

LOWRI

The moment that Hannah P revealed that she was thought of as an alien-

HELEN

[starts laughing]

LOWRI

Well not messiah, but like-

HELEN

Yeah, yeah!

LOWRI

Her hometown were convinced that-

HELEN

She was so special!

LOWRI

-she was an alien! Yeah! And I was like... what?! [laughs]

HELEN

I mean technically we don't know that.

LOWRI

No.

HELEN

We know that one teacher thought that. But the possibility is indeed there!

[laughs]

LOWRI

Yes!

[CLIP FROM EGSM – Aliens]

HANNAH

... and this teacher adamantly insisted that they could not pull me out because she was not done training me yet, because I was some sort of alien messiah from another star. I think she said a blue one.

HELEN

Oh!

TAI

Wha-?!

HANNAH

Sent to help us and save humanity or something...

[CLIP ENDS]

LOWRI

I mean my headcanon is that there's a cult that believe Hannah is an alien messiah.

HELEN

[laughs] So good!

(Both laughing)

LOWRI

It has evolved to that! Because like, I hang out with Hannah quite a lot outside of Rusty Quill as well-

HELEN

Oh really?

LOWRI

And just, I was just like: what?!

HELEN

[laughs]

LOWRI

I have never heard this before, that's - wow! That's quite something!

HELEN

[laughs] Hm. I think for me one of my favourite bits was getting to see Lydia's chickens.

LOWRI

Mm!

HELEN

That was really cool.

LOWRI

Yeah!

[CLIP FROM EGSM – Pets]

LYDIA

[To Raptor] Who's my bebe?

[Raptor clucks in response]

[To Raptor] That's a microphone!

SUE

Don't eat it!

LYDIA

Yeah!

HELEN

Yeah, don't let her peck the microphone!

[Laughs]

TESSA

Yeah, it would make for an interesting sound!

HELEN

It would, and then we could use it for foley!

[Clucking sounds]

... Awww.

[CLIP ENDS]

HELEN

I think the video bloopers will be out by now so I think Patreons will have seen Lydia's chickens as well, but Lydia literally just went out to the garden, came back in, had a chicken on their lap-

LOWRI

Yeah!

HELEN

The chicken said hello, it was great!

LOWRI

The chicken performed very well too I think!

HELEN

Yeah!

LOWRI

It was Raptor wasn't it?

HELEN

It was Raptor, it was Raptor, yeah. [laughs] Do you know what, I've done so many of these that it's really hard to isolate anything that made me laugh because I laugh through most of them.

LOWRI

You laugh a lot, yeah!

HELEN

Yeah, yeah... Tell you what, I really liked meeting Gavia Baker-Whitelaw.

LOWRI

Oh yay!

HELEN

Because she and I seem to be like on very similar wavelengths when it comes to like how we think of fiction and -

LOWRI

Mm.

HELEN

And like what we, what we like and - yeah, she was great, like I felt like I clicked immediately with her.

LOWRI

Oh good! That makes me very pleased personally as well because Gavia is a friend and-

HELEN

[laughs]

LOWRI

And I mean obviously that isn't why she's on the podcast but it's like, she has her own brilliant podcast as well and it was kind of like a collaboration but yeah, yeah, she's great, and I'm really pleased that you also subscribed to her newsletter as well!

(Both laughing)

HELEN

Yeah, genuinely I read the Rec Center every time it comes out, I'm like: ooh, what's in there? And I've read things from it that have been recommended, it's so cool.

LOWRI

It is, it is great.

HELEN

Yeah. Really loved that. I also really liked having Fay on so much, because I don't know Fay that well, Fay Roberts.

LOWRI

Yeah.

HELEN

But I really admire them and they have such an interesting, like, deep way of thinking and of talking about things?

LOWRI

Yeah, yeah.

HELEN

Though I will say that there's, I think it's the horror books episode, where there's me, Fay, Tai and Martin-

LOWRI

Yeah.

HELEN

And me, Fay and Tai all have a habit of when we're doing like our active listening to people, when we're like, trying to communicate "I'm listening to

Rusty Quill Enthusiasgasm – Behind the Scenes - Helen & Lowri

you, I'm really interested in what you're trying to say", we all sort of go "Mm. Mm. Mm..."

LOWRI

Yeah! [laughs]

HELEN

There's a lot of "Mm" going on!

(Both laughing)

LOWRI

And you don't realise it's a problem until you have to transcribe it? Yeah!

(Both laughing)

HELEN

Yeah! [laughs] Like-

LOWRI

And you're like: oh that's a lot of affirmation going on here!

HELEN

Yeah!

(Both laughing)

HELEN

It's like: **FAY, HELEN & TAI**: Hmm...

(Both laughing)

LOWRI

Yeah! I did a, I did a podcast years ago with a friend of mine which was kind of a chat show, like very, very, like low-key.

HELEN

Mm.

LOWRI

But I learnt that I do that a lot as well!

HELEN

Yeah, yeah.

LOWRI

And I try to, and I do visual nods rather than "Ooh!"

(Both laughing)

LOWRI

I'm not sure I'm that successful to be honest.

HELEN

I'm never gonna stop "Hm"-ing. I don't think I can stop it at this point.

LOWRI

Yeah!

HELEN

[laughs]

LOWRI

I mean it's a nice social thing isn't it?

HELEN

Yeah! Yeah. I've never been one of those people who like dislikes the sound of my own voice when I hear it, but I'm completely immune to it at this point I think! [laughs]

LOWRI

Yeah, I bet. Oh you've had to listen to it, to all of them so many times!

HELEN

I mean, I've listened to them all like maybe three or four times right at the beginning when we were still like, figuring out how to streamline the process.

LOWRI

Mm.

HELEN

I do two very thorough listens.

LOWRI

Yeah.

HELEN

In which I am technically only listening to it once, but I am also, I'm replaying the same ten-second chunks. [laughs] So like, for like quite a lot of it, where I'm like-

LOWRI

Yeah.

HELEN

Ooh! Either when I'm trying to do my, my notes when we get like all the raw audio through of like just, like what's been said and it's like-

LOWRI

Mm.

HELEN

An hour and 20 minutes long and I'm like: we've got to cut this down! I've got to cut 20 minutes out of this!

LOWRI

[laughs] But that's a problem though! When you get a load of nerds in a room or people who are excited about a topic-

HELEN

I know!

LOWRI

And like, trying to like stop people or putting a shape on it is hard.

HELEN

Yeah, and I don't like doing that.

LOWRI

Yeah.

HELEN

Yeah, I hate interrupting people in the middle of their flow so I usually just let it run on and I'm just like - that's a problem for later Helen, that's for future Helen to deal with!

LOWRI

[laughs]

HELEN

And the future Helen's like: ohhh bollocks!

LOWRI

Past Helen!

(Both laughing)

HELEN

God damnit past Helen, why are you doing this to me?

LOWRI

[laughs]

HELEN

But yeah, so I often leave notes like: oh, you know this bit of conversation is really interesting but it's not actually that relevant to the theme of the episode so I think we have to cut it but it's such a shame.

LOWRI

Mm.

HELEN

That's actually, that's most of the comments. Or it's - oh, this is something that Alex does in particular, when Alex starts to say something and then realise that, like, flubs it?

LOWRI

Yeah.

HELEN

He will, like, pause and then say it again.

LOWRI

Yeah.

HELEN

And so will Jonny actually.

LOWRI

Yeah.

HELEN

So I will be like OK, so this bit is like a sentence that doesn't actually finish so take it from here instead where they actually say all the sentence that they were meaning to say.

LOWRI

Mm.

HELEN

It's mostly things like that. [laughs]

LOWRI

Yeah.

HELEN

From your side I feel like the process is a lot more hands-on because you're talking, you're doing a lot of like the technical audio stuff, like with the editors.

LOWRI

From like a listening point of view?

HELEN

Yeah.

LOWRI

Yeah. Well to be honest I haven't done that much. In fact again this is another place where I think trying to work out what the boundary is that I don't want to overstep.

HELEN

Mm.

LOWRI

Because obviously I've done a lot of editing of non-scripted stuff with Rusty Quill Gaming.

HELEN

Yeah.

LOWRI

So it's very second-nature to me. So it is hard for me to turn that part of my brain off but I don't think that's strictly, it's not really my role in Enthusigasm, right? And like I just, I do try to leave that to Tessa, Marisa, Jeffrey and Cathy.

HELEN

Yeah.

LOWRI

And then every now and then, like I notice actually, which is, what's, something that's very interesting for me, I don't know if this is interesting for everyone else but because I've edited you a lot and so like, when it came to like episodes that any of the RQG cast in-

HELEN

Yeah.

LOWRI

I think I would notice more things, so I was like: oh, I would cut that, or I would do this and I would do that, but it's just because it's your voice-

HELEN

[laughs]

LOWRI

And I immediately go straight into that space. Actually I don't get it with you so much anymore Helen-

HELEN

Mm.

LOWRI

Because I think maybe I've listened to you so much in the context of Enthusiasm now that-

HELEN

Yeah. Yeah.

LOWRI

I've switched out of that space. But yeah. So another note I have on my list of questions is: what have we enjoyed about the process? Which I think we have touched on a bit, but anything you want to add?

HELEN

Hmm. I mean we've talked about how it's really cool to talk to all the different people and like-

LOWRI

Yeah, yeah.

HELEN

-get to know them beyond just like working with them. I really like the fact that I've gotten to know you a lot better.

LOWRI

Aww! Do you know what? Same!

(Both laughing)

HELEN

I think you briefly came up in a different work chat and I think I called you "the light of my life"!

(Both laughing)

LOWRI

Yes! Oh my god, I'll take it!

HELEN

[still laughing]

LOWRI

I'm the best Rusty Quiller's light of their life! [laughs]

HELEN

[still laughing] No, but honestly, because one of like the most, it's so useful having someone else to tell me deadlines to do things because-

LOWRI

Mm!

HELEN

Because a lot of my work-life is me deciding when I am doing things-

LOWRI

Yeah, yeah.

HELEN

And having to remind myself, so it's nice to have someone being like - oh did you do this thing? I'm like: no I did not, I'll do it now!

LOWRI

But now I remember!

HELEN

Thanks for reminding me! Yes, yeah! [laughs]

LOWRI

Yeah! Oh it has been, it has been an absolute joy working with you, or it continues to be a joy working with you, yes. It's one of my favourite things.

HELEN

[laughs]

LOWRI

You know I'm getting all blushy and bashful now!

(Both laughing)

LOWRI

Aww! I'm literally hiding behind my pop filter on the Skype call!

(Both laughing)

HELEN

Ahh, the dangers of a compliment!

LOWRI

Sorry, and got very close to my mic doing it. Yeah, phew. I'm trying to get better at taking them!

HELEN

[laughs]

LOWRI

Yeah, I think for me as well like the thing I've enjoyed most about it, yeah, working with you and as we've covered like talking, getting to know other people from Rusty Quill, from the network, from the wider industry better.

HELEN

Mm.

LOWRI

Something that I found difficult though that I want to talk about-

HELEN

Ooh...

LOWRI

Which you know when I say it, is that for - I'm present on all of the calls, all of the recordings.

HELEN

Yes! Yeah, you are.

LOWRI

And I am very enthusiastic about a lot of the topics that we've covered and I find it so difficult to sit there silently when all I want to do is join in! [laughs]

(Both laughing)

LOWRI

It's very difficult for me!

HELEN

I could not do - I mean clearly I can't do that because I decided to have the chat show-

LOWRI

You have a show, yeah! [laughs]

HELEN

Where I can talk however much I want! [laughs]

LOWRI

But there's definitely video footage of me just being like [makes inarticulate noises of frustration] I really wanna, I've got something I want to say that but OK no, cool, cool, cool, cool, I'll keep it to myself, I'll keep it to myself, it's fine, it's fine, it's fine!

HELEN

[laughing throughout] Aww!

LOWRI

So yes, I enjoyed the episodes I was on! [laughs]

HELEN

I feel like we should do like a quick fire round where I'm like: right, what do you think about "Aliens"?

LOWRI

[gasps]

HELEN

What do you think about "Pets"? What do you... [laughs]

LOWRI

Ooh, I like that! We should do that as like - maybe not right now but like yeah!

HELEN

Yeah!

LOWRI

All the things that I didn't get to answer, I'm sure that my, my thoughts are very insightful and will rock people's worlds!

HELEN

No, they absolutely will be!

LOWRI

Ooh yeah, I like that. OK, I'm making a note of that!

(Both laughing)

HELEN

Oh please let's keep this bit in the episode, this is how the process works!

[laughs]

LOWRI

It is! This is what you do, right?

HELEN

Yeah.

LOWRI

You put it out there publicly and then Alex has to agree to it?

(Both laughing)

HELEN

Ah, the Tim Meredith method! [laughs]

LOWRI

Yes, it is the Tim Meredith method! Well... I think we might be coming to the end of the episode.

HELEN

I hear the impression, I hear it there!

LOWRI

Yeah, you hear the tone! So I have one last question for us both to answer.

HELEN

Oh yes?

LOWRI

Dream guests for any future episodes of Enthusigasm.

HELEN

Ooh!

LOWRI

And by "dream" I mean go big! Like, I have people who are dead on my list, so-

(Both laughing)

LOWRI

We don't have to be realistic here!

HELEN

Hmm... oh no, that's really difficult.

LOWRI

Yeah it is, isn't it? That's how it feels Helen when you drop those and you expect people to just have them-

HELEN

Yeah!

LOWRI

But you're very understanding and forgiving!

(Both laughing)

HELEN

It's because - yeah, it's because I - I know it's a mean thing to do but I like to do it!

(Both laughing)

LOWRI

It's funny and it never gets old! [laughs]

HELEN

Yeah.

LOWRI

I mean I do have a couple on my list if you would like me to go first?

HELEN

Yeah, go on then.

LOWRI

OK like, look, I'll get the horny ones out the way first, I want Sebastian Stan and Chris Evans.

(Both laughing)

HELEN

On the podcast or just...? [laughs]

LOWRI

Um... yeah, why not? On the podcast, sure! That can be our meet cute, it'll be great!

(Both laughing)

LOWRI

I would really, really love to talk to, I can't pronounce her Irish name so I'm not even going to attempt to-

HELEN

Mm.

LOWRI

But someone that Fay brought up in the Pirates episode, Grace O'Malley who is the pirate queen.

HELEN

Yes!

[CLIP FROM ENTHUSIGASM - PIRATES]

FAY

...Grace O'Malley was like a definition of gender non-conforming badass-ery...

[CLIP ENDS]

LOWRI

Because her life was amazing, and you know it just sounds fascinating, and like the stories about her and I just want to know - I guess this is less about like talking about a topic, so it's not really an Enthusiasm episode [laughs] but I'm like-

HELEN

Mm.

LOWRI

I just want to know like what was true, what was really happening behind the scenes, like her thoughts about things and yeah, I think it would be interesting to see her take on, or hear her take on, I mean she's a bit of a feminist icon I guess.

HELEN

Yeah!

LOWRI

Whether she intended to be or not.

HELEN

[laughs]

LOWRI

And what her take on where we are in society at the moment would be and stuff like that as well?

HELEN

Oh, that's a great choice, that's a great choice.

LOWRI

Mm.

HELEN

OK so one thing I didn't mention earlier about the original concept of Enthusigasm was in my head it was only gonna be me and one other person.

LOWRI

Oh yeah!

HELEN

It was gonna be like really in-depth, like deep personal conversations with just me like-

LOWRI

Mm.

HELEN

Half interviewing, half just chatting to someone?

LOWRI

Yeah.

HELEN

About like their, their sort of insights and feelings about stuff. But we expanded that. But if we were to go back to that, I would love to have a talk with Freddie Mercury.

LOWRI

Ooh.

HELEN

About like - just like the creative process and like, music and stuff.

LOWRI

Yeah.

HELEN

I think that would be cool.

LOWRI

I mean Suzanne would be-

BOTH TOGETHER

Over the moon!

(Both laughing)

HELEN

Yeah!

LOWRI

Suzanne, our head of HR.

HELEN

Yes! [laughs]

LOWRI

Ooh yeah, that's a good one.

HELEN

I would love, I'd love-

LOWRI

You know in reality the list is endless, right, of the people who-

HELEN

It really is.

LOWRI

And it very much is the question of who would you want to talk to rather than think of an Enthusigasm episode and- oh, though actually one of them on my list is Marie Curie.

HELEN

Ooh!

LOWRI

Because she also had a really like, I was listening to a podcast on her about a month ago and she had so much going on in her life, so much than just like "just" winning a Nobel Prize, you know?

HELEN

[laughs]

LOWRI

Like SO much that she lived through. And I also think it would be quite a nice equivalent as well of, you know, it was so lovely in the space episode to have an expert like Paul on.

HELEN

Mm!

[CLIP FROM ENTHUSIASM - SPACE]

PAUL

We can write on a chalkboard an equation that describes the history of the universe over 13.8 billion years. That we can simulate on a computer the death of a star.

[CLIP ENDS]

LOWRI

Who just, could just regale you and tell you things, and maybe we could have like a chemistry episode and she can just, you know! Tell us all of the things!

HELEN

Ohh, that'd be great.

LOWRI

And apparently she was a very good teacher as well.

HELEN

Mm.

LOWRI

So maybe it would just turn into a lecture, I don't know.

HELEN

Aww. Can I do a sentimental one?

LOWRI

Yes!

HELEN

I think it would be really lovely if I could - if I could have my dad.

LOWRI

Aww!

HELEN

And I would love to talk to him about the Victorians again.

LOWRI

Yeah.

HELEN

Because like - that was like one of his specialist subjects.

LOWRI

Oh was it?

HELEN

He used to do a course called "Love, Sex and the Victorians".

LOWRI

Oh wow!

HELEN

And I wish, I wish now that I'd talked to him more about that! [laughs]

LOWRI

That sounds like a great episode right there, but-

HELEN

God, wouldn't it be?

LOWRI

Yes!

HELEN

I'd love to talk about like, because the Victorians' attitudes towards like romance and towards death are both so bizarre and weird and specific.

LOWRI

Mm.

HELEN

And weirdly connected as well. Yeah. Real cool. It would be cool to have my dad on. [laughs]

LOWRI

Yeah that - that, that sounds like it would be, and the topic as well like, yes!
What a cool thing to be an expert on? Is expert the right word?

HELEN

I know. Yeah, he was definitely an expert on the Victorians, that was like, he was like an expert on that and then like he was really good at sort of leftist politics

LOWRI

Mm.

HELEN

Things like the Russian Revolution, the British Industrial Revolution, things like that.

LOWRI

Oh awesome.

HELEN

He knew a lot of stuff! [laughs]

LOWRI

Yeah! Amazing! Sorry, so we've chosen two each, so is that a podcast of four people? That would be a very long podcast if we had them all together!

(Both laughing)

HELEN

Oh my god, imagine if [bursts out laughing] to have Freddie Mercury meeting my dad!

LOWRI

[laughs]

HELEN

Freddie Mercury meeting a pirate! I think they'd get on really well actually.

LOWRI

Mm, yeah.

HELEN

I bet they'd get on. [laughs]

LOWRI

Yeah! Great!

HELEN

But yeah, those would be my two picks.

LOWRI

Aww. Well I think that's all we've got time for.

HELEN

I think it is.

LOWRI

That's not - that's not, is that how you wrap it up, that isn't how you wrap it up! You don't have a standard do you?

HELEN

What I often say is: I think we're coming to time.

LOWRI

I think we're coming to time.

(Both laughing)

LOWRI

Thank you everybody for listening, I hope you have enjoyed and thank you Helen for joining me, I hope you've enjoyed.

HELEN

I have!

LOWRI

I have now subtly promoted myself to main host because I said that you joined me - yes Lowri, well done!

(Both laughing)

LOWRI

So proud of myself!

HELEN

Very good.

LOWRI

Yeah, and I think that's about it. We've got more content coming over the next few weeks before season 2 begins.

HELEN

Mm.

LOWRI

And I said that hesitantly, because I was like - I guess we will have announced it by then? [laughs]

HELEN

We, we, well we will have done.

LOWRI

We must have done, yeah.

HELEN

It would be very silly to end season 1 without saying there's gonna be another one! [laughs]

LOWRI

And not be like: by the way...

(Both laughing)

LOWRI

If we haven't announced it - hey, well done, I just did that! Well done me again...

(Both laughing)

LOWRI

And for now, it's goodbye from me. Goodbye! And goodbye from... everybody else! Would you like to say goodbye everybody?

HELEN

Bye! [laughs]

LOWRI

I can't believe you didn't take that opportunity to say "Goodbye everybody"! [laughs]

HELEN

I know, I thought of it just as I was saying goodbye!

(Both laughing)

HELEN

Goodbye everybody!

LOWRI

Bye!

(Both laughing)

[Show Theme - Outro]

HELEN

Enthusigasm is a podcast distributed by Rusty Quill and licensed under a creative commons attribution, non-commercial share alike 4.0 international license. It is directed by Helen Gould, produced by Lowri Ann Davies, with executive producers Alexander J Newall and April Sumner, and edited by Marisa Ewing, Tessa Vroom, Jeffrey Nils Gardner and Catherine Rinella. Thanks for listening.

(Show Theme – Outro Ends)

HELEN

(sighs) should we menti... should we talk about the [beep] bit in the [beep] episode or shall we keep that a secret... (laughs)

LOWRI

I think keep that a secret forever-

(HELEN laughs uproariously)

LOWRI

Whoever's editing this cut that out! (laughs)

Rusty Quill Enthusiasgasm – Behind the Scenes - Helen & Lowri

(HELEN continues to laugh)

LOWRI

Cause it was funny... but it wasn't ok!

(Both laughing)

HELEN

No, let's not, let's not! Ok. [beep] owes us.

LOWRI

Yeah! (laughs) Oh, the secrets that the editors keep for everyone like; "hmm ok!"

HELEN

I know, I know!

LOWRI

No! (audio fades out)

Hosted and Directed by Helen Gould

Produced by Lowri Ann Davies

Executive Producers: Alexander J. Newall and April Sumner

Editing by Tessa Vroom and Cathy Rinella

Music by Samuel D.F. Jones

Art by Anika Khan