



The Athena Wellness Podcast
Episode 107 – Still Rockin’ at 69 with Tedi Brunetti
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[music]

Kathy Robinson: Welcome to the *Athena Wellness Podcast*, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach, and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

Hello and welcome to Episode 107. Thanks so much for joining me.

I'm smiling just thinking about this episode. I'm joined today by drummer, singer, and songwriter, Tedi Brunetti, who generously shares her life experiences that will leave you feeling inspired to take another look at that dream that you may have tucked away.

Here's what we talk about:

- How a 45 record changed the trajectory of Tedi's life;
- What it was like to be part of the New York City music scene in the 1970s and 1980s;
- The decision to leave music to raise a family;
- Embarking on a second career in the medical field;
- Deciding to reenter the music scene in her 60s
- What it was like to write, record and release a record in 2021; and
- Advice for those who feel that they're too old to pursue their dream.



This conversation is really about living life aligned with what matters most. For Tedi, that's family, food and music.

We end this episode with our Dose of Inspiration segment, where Tedi shares some of the things that are lighting her up these days. As always, I'll put links in the show notes to those items, as well as Tedi's website, where you can find her music and her merchandise.

And now onto the show. I think you'll really enjoy this conversation.

Tedi, welcome to the Athena Wellness podcast. Thank you so much for being here today.

[00:02:12] Tedi Brunetti: Kathy, it's my pleasure. I'm happy to be here.

[00:02:16] Kathy: Please share a bit about who you are and what you do.

[00:02:21] Tedi: I'm Tedi Brunetti. I'm from Pittsburgh, Pennsylvania. I sing, I write, I play the drums. I have an album out. I'm doing music videos. I have two music videos. I'm a grandma, proud of it. [laughs] I'm just moving on with this phase of my life in retirement.

[00:02:46] Kathy: Retirement, drumming, and in your own band, I love it. I just love it. I can't wait. I've been looking forward to this conversation.

Let's start at the beginning. What was it that made you want to pick up a pair of drumsticks? How did that all come about?

[00:03:00] Tedi: I was 11 years old. I had never played a musical instrument, but I went to a girlfriend's birthday party, and she had an older sister who was probably around 14, who had a little Victrola record player. They put this single on, this song on for entertainment for the party and it was *Louie Louie* by the Kingsmen. The drums on that song are bombastic.



And something happened. The song came on and it shot through me like electricity and I was possessed. I ran to that record player and stood over that song and listened. I just kept playing the song over and over again. In those moments, I knew, "This is what you do. You're a musician. You're a drummer."

Mind you, I never played the drums, but I just had this spiritual awakening like, "This is who you are and this is what you're going to do." They had to drag me away from that record player to join the rest of the party.

I went home and I asked to take drum lessons. I'm the oldest of 10 kids. That might be part of the reason why they said no, but they thought drums was a boys' instrument, so they said, no. I asked what was the next best thing to me, which was guitar and they agreed to that.

They signed me up for guitar lessons. I did very well. They scraped the money together somehow and bought me a little Gibson acoustic guitar. I still have it. I've written all my songs on it. I did real well with the guitar, but it wasn't my passion. Music was. What I wanted to play was the drums.

I started writing songs almost immediately. As soon as I learned something on the guitar, if I learned something new, I wrote a song incorporating it – a new chord, a new scale, whatever it was. I started writing songs immediately.

When I got a little older, I got a job working at a fried chicken place and took my money and got on a bus and went to the mall and signed myself up for drum lessons.

[00:05:25] Kathy: Nice!

Everybody was shocked, my parents, especially, "That's what she's doing with her money?" I went to high school, signed up for the band. I fell in love with the drum lessons. I liked the technique.



My first drum teacher was this older guy. When I think about it, I have to laugh because he'd say, "You're a good girl, right?" I didn't know what it meant then. [laughter] I think maybe I know what it means now. What a dirty old guy. [laughter] But he didn't want me to play like a girl. He wanted me to slam it. He'd say, "I'm going to walk down the hall. I want to make sure I can hear--" He'd always tell me, "You're not playing on eggs."

The funny thing is later after high school, I had wonderful men in my life who mentored me when I was younger. It started with this Mr. Ollerbrand. He didn't want me to play like a girl. He wanted me to be a drummer. That was cool.

Then, my high school band director, Mel Rush, and then the other band director, Mike Chollera, they supported me because I wanted to be a music major. They helped me with that. They would give me hall passes to get out of class, to go down. They started teaching me woodwind instruments. I learned to play the bass clarinet a little bit because they knew I'd have to do this when I go to college. They helped me and they encouraged me.

I was the drum captain of the marching band in high school my junior and senior year. I went to college at Eastern Kentucky University on a partial-- they didn't give full scholarships to music majors. But I did get a little bit of money as a snare drummer. Especially back in 1960. I graduated high school in 1970 and it was unusual then too for girls to play the drums. It is today also, but there's a lot more girls playing drums, women doing everything today.

I went to college for a few years and then dropped out, went on the road with a rock band, happened to meet my husband in that band. I had been writing songs all these years and ended up in New York City with my husband. We got married and went and moved to New York City to pursue a music career.

I got to play with great people there and stayed in New York for about 20 years till we had our second son. Then, New York became cost-prohibitive. We had two kids.



I had a manager. I had a press agent. I had all that stuff. I had just recorded my first album. My manager had his second baby.

The thing that did it, there was an episode that happened. I had a six-year-old and an infant and a stroller were walking down the street. We lived in the Bronx at the time. We still had our studio in Manhattan. A guy pulled out a gun and shot this woman 10 feet in front of us. I'm like, "Whoa, fire comes out of a gun." I called my husband and I said, "Okay, we're out of here."

[00:08:48] Kathy: Time to go back to Pittsburgh.

[00:08:50] Tedi: Time to go home, yes.

[00:08:52] Kathy: Wow. There's a lot that we can get into here, but I'm curious, I love the image of the little girl standing by the photograph, just being so enlivened by this music.

So back then, before you were able to put drumsticks in your hands, what were your dreams? Were you dreaming that, "I want to be a drummer someday," even though you've never picked them up? What was that like?

[00:09:18] Tedi: I wanted to be a musician, a performer. I saw myself playing concerts, doing performances of my own music. Still to this day, music has an effect on me that it probably doesn't to everybody.

When I hear music, it's like, "It's me." I feel like I'm doing it. It's something... Because when I had to give it up-- I didn't have to, but when I decided to give it up to raise my kids because we came back to Pittsburgh, and then I went back to school for ultrasound and I did that career for 20 years and I didn't play music, but whenever I hear music, it's me playing.

As a kid, I had a little transistor radio and I would listen to the local Top 40 music station and we also had a black station here in Pittsburgh called WAMO. One of my good girlfriends, Diane Farrell, she's the one who turned me onto that because we



both loved James Brown and they would play a lot of James Brown back then. I would go in my bathroom and we had a hamper and I had hat boxes because back then, girls had to wear hats to church. I'm from this Catholic family. I would play the drums on those hat boxes and then beat those hat boxes and the hamper. This is why I was playing guitar before I had drums.

It was just an escape, maybe? It still is. It's a meditative experience for me today even, hitting my drum pad and practicing on my drum set. When I'm practicing, when I'm playing, yeah, I'm able to let the rest of the world go by and be in the moment, be in the now.

[00:11:23] Kathy: Plus you're beating the hell out of something. That has to help too.

[00:11:26] Tedi: Oh, yeah, the concussion is great. That's a whole, I mean, I don't want to take you into a therapy session. [laughter] Being the oldest, I bore the brunt, let's just put it that way.

[00:11:42] Kathy: It was the reason why you were hitting those hat boxes.

[00:11:43] Tedi: It wasn't happy all the time. [laughter] I don't even want to get into it because my dad's still alive and he might hear this interview [laughter] and I don't want to badmouth my parents for beating the hell out of me. That's a whole another story.

[00:11:59] Kathy: It's a whole 'nother story. That's another podcast episode.

[00:12:02] Tedi: That's a whole other podcast.

[00:12:05] Kathy: You did wind up getting your drum lessons. You did major in music and then you wound up in New York City in the 1970s. What was that scene like? Paint a little picture for us.



[00:12:16] Tedi: Well, back then-- this is before MTV. It was before cable TV. I think New York City had cable. They were the only city in the country that had cable. They were the first ones. And all the trends, all the new creative stuff, fashion, music, art came out of the East Village in New York City at that time. It was a very vibrant and creative place to be. There was a starving artist community there then. And especially in the music scene, the rock and roll scene, we all knew each other, we played the same clubs, we supported each other. It was cool. It was great.

Nothing started until midnight. And I was young, so I could do that then. And I did. I've lived my life in stages. And I'm the kind of person whatever I'm into or wanting to do, I give it 200%. No regrets.

[00:13:27] Kathy: It's a wonderful way to live.

[00:13:29] Tedi: I don't have much of a bucket list because if I want to do something, I just go and do it.

[00:13:35] Kathy: Rockstar, check. [laughter] Did it! Doing it!

[00:13:44] Tedi: I was there. I saw some things.

[00:13:49] Kathy: What musicians did you admire and why?

[00:13:56] Tedi: Hmmmm. There's so many.

I'll tell you what, I really like The Police, Sting. They were very unusual and they were ahead of their time in thinking and very smart business people. Back in the day-- it was two years from the time they played CBGBs until they headlined Madison Square Garden. It only took them two years. They were special.

They did their first tour. They didn't take an advance. They bargained and they were able to hold onto their publishing. They were ahead of their time that way. Their first tour of the United States, I think they did on their own in rented station



wagons and they roadied themselves. They've had hit records. They've had Song of the Year, they've had Album of the Year.

Stewart, the drummer, Copeland, he's something else. He scores orchestras and does movie scores and all kinds of things. They're phenomenal musicians, really, and songwriters. I admire how they did their thing. And they're musicians' musicians. They played on a higher level than just your basic classic rock guys did.

But it was a great time, the '70s and '80s, because the radio stations, you would hear every different style of music back-to-back. You'd hear the Mamas & the Papas, you'd hear Led Zeppelin, then there'd be Joan Baez and then The Monkees. It wasn't unusual to hear those songs play back-to-back. It wasn't so specific like it is today, genre-wise. I think it was a really great time to grow up as a musician.

[00:16:10] Kathy: What's one of your favorite stories from back then?

[00:16:16] Tedi: Well, oh, boy.

[laughter]

[00:16:20] Kathy: That sounds like a good one.

[00:16:22] Tedi: Oh, yes. I'm like, "Oh, no, you can't... You don't want to tell her that."
[laughter]

My building that I lived in was a story in itself. It was called The Music Building. We had a loft. It used to be furriers and that industry went by the wayside. We had a loft, we had to put all our own fixtures and it was a rental, but we invested some money into the space. And you could play music there 24/7. We were one of the first tenants in that building. We moved in and we were working on our place. We were putting the kitchen in and a shower, a bathtub, that kind of stuff. And like I said, you could play music 24/7.



So we hear this guy underneath us. Most of the building was still empty. They hadn't rented it out yet. It hadn't become a thing yet. They advertised in *The Village Voice*. People were moving in regularly and it became a hotspot.

But this guy underneath us, Johnny Thunders. I don't know if you know him, but he's an icon in the punk scene.

[00:17:45] Kathy: The New York Dolls.

[00:17:46] Tedi: That's it! Yes!

[00:17:48] Kathy: There you go.

[00:17:49] Tedi: Oh! Wow!

[00:17:50] Kathy: [laughs] You don't know who you're talking to! You think I'm just a wellness coach!

[00:17:53] Tedi: What the hell? She knows the New York Dolls?! You don't look like you know the New York Dolls! [laughter]

So Johnny was underneath us and somehow he got the keys to this place underneath. He got in there.

[00:18:07] Kathy: Oh, he wasn't supposed to be there?

[00:18:09] Tedi: He was squatting

[00:18:11] Kathy: [laughter] Oh, it sounds like Johnny.

[00:18:13] Tedi: So we were working on it, we're scraping paint and we're trying to fix stuff up. And we're young and we're newlyweds. And after our wedding, we got money when we got married. We had a nice big Italian wedding here in Pittsburgh



and then moved to New York. We had a little bit of a bank loan to get us started. That's how we were able to do the kitchen and all that stuff.

So we were working on it and we would hear one guitar note - biiinnng! Biiinnng! Biiinnng! And this was going on for hours, for literally hours.

So now it's like three o'clock in the morning. We had a mattress on the floor at that point. We were still getting our act together as a couple. And I said to my husband, I said, "Oh my God. What the hell is it?" We couldn't sleep!

We go down, we walk down the stairs to the next floor and here's Johnny's door and there's a mail shoot and there's an exit sign in the hall next to his door. There's a wire coming out of the mail shoot and he's hot-wired into this exit side and we could look in the mail shoot and all we could see was the red light on his amp. [laughter]

My husband just yanked it, yanked the cord out. That's how we got to meet Johnny. [laughter]

Then a few years later, I got into this band The B-Girls and they were hooked up with Johnny. We did a lot of gigs with him. David Johansen from The New York Dolls, we played with him, too. Yeah, we did a lot of gigs with him. And then The Clash, of course.

[00:20:10] Kathy: One of my favorite bands ever. *London Calling*, what a masterpiece.

[00:20:14] Tedi: Oh my God. That was New York City in the late '70s there. They did three weeks at Bonds. Bonds was a department store that they gutted, it was two football fields big inside. They did rock concerts there.

The B-Girls, they were the bomb. I was a rock star then. I felt like it. Everybody I knew thought, "This is it!" when I got into that band, I was their second drummer,



because they had quite a following. The B-Girls, they were something else, a lot of fun. [laughs]

I knew the guys who did the sound and lights at Bonds and they used to call me and they'd say, "Tedi, come on up." I lived on 30th Street, Bonds was in Times Square. They'd say, "Come on up. The Plasmatics are going to blow a car up tonight."

[laughter]

[00:21:09] Tedi: You know, I'd get these phone calls. "Oh, you know, cool." I can't remember the guy's name but he used to call me all the time. This is when Studio 54 was a thing then, where they started that line outside and you had to be checked in by the door guy and all that, they looked you over. But I just walked in everywhere because I was a B-Girl, everybody knew me. It was kinda fun.

[00:21:33] Kathy: I saw a ticket stub from that time. The tickets for that Clash show were \$7.50.

[00:21:39] Tedi: No kidding. Oh, wow. That's when we went into the studio. Mick Jones from The Clash recorded the B-Girls and I did some of the songwriting for the B-Girls and we recorded one of my songs.

[00:21:51] Kathy: Wow, no kidding?

[00:21:52] Tedi: Yeah, he did an EP with us and that was an experience. Because we were in big New York City studios. I met a lot of people through that little encounter. It opened some doors for me.

I think that's how, even though Dean doesn't remember, but Dino Sargent, my producer. He produced my first album and he produced my latest album. We've been friends a long time. He was like a first call recording engineer in New York City



back in the day. We can't remember how we hooked up but we think it had something to do with the B-Girls, but I'm not sure, neither is he.

[00:22:41] Kathy: You had this amazing experience in the '70s and in the '80s. You had a couple of kids, headed back to Pittsburgh and you said you went back to school for another profession.

What was it like after living the life that you just described, putting on your scrubs and going into the hospital for a day's work? How do you work through that adjustment? How do you navigate that?

[00:23:03] Tedi: Necessity. Like I said, I lived my life in stages, so whatever seemed important at the time. Having children to me, it wasn't about me anymore, it was about them. That's what I believed and I still do.

We were devoted to raising our children. I wanted to be able to take them on vacations and have a normal, nice family life for them. I wanted them to grow up and not regret-- I wanted them to have a nice life. I went back to school for ultrasound. I did cardiac and vascular ultrasound for about 20 years. That was something else. I don't miss it one single day. [laughter]

I was good at it. I graduated at the top of my class and you had to have a 4.0 to get into my class because we were all housewives, killer housewives, going back to school. We didn't have a second chance. You know what I mean? This was it. It was tough, as far as the schoolwork went.

I worked for some wonderful doctors along the way but I didn't dig it. My husband said, [laughs] he said, "You've met more assholes in the medical field [laughter] in one or two years than we did in 20 years in New York City and we were dealing with heroin addicts in the East Village." There's something about an artist's soul that's different. There's just something about an artist spirit that was-

[00:24:40] Kathy: It's more of a code of honor, an understanding.



[00:24:42] Tedi: Yeah, yeah, and it wasn't like that in the medical field.

I do have regrets. That's one thing I wouldn't have done again, I don't think. I'm glad I have a medical education now that I'm older and things can go wrong with me, my parents, whoever, kids. It's a nice thing to know but I wish I would have gone to cooking school instead. I really do.

[00:25:12] Kathy: In those 20 years when you were in that profession, do you find that you kept your dreams alive or you kept them at bay, your musical dreams?

[00:25:21] Tedi: Hmm. I had to put them to the side. It was tough. The first three years back, I think I cried every day. It was a loss, it was horrible. It was a death.

In the beginning, I always thought I would go back to it and then somewhere in the middle of those 20 years, I guess I thought, "You're too old." This is before the music business changed like it is today. Because even back then, even back in the '70s and '80s, if you were 30 years old, you were at the end of it. It was a young person's thing. They wanted 20-year-olds, not 30-year-olds.

I think in the middle of those 20 years, my hopes for doing it again kinda got put at bay. It didn't seem realistic. Although I wanted to play again, I didn't know if I would pursue it on a national level.

[00:26:22] Kathy: You must have had a moment when Bonnie Raitt hit it big though, in the late '80s.

[00:26:27] Tedi: Yeah, you know Bonnie Raitt and Tina Turner. But they started as young girls and they had long-term careers. They never stopped.

I do think I'm that kind of a performer really. My album, the sound of my music and the way that album is that I have out now, the way I'm doing things now, it really does fit Tina Turner's hit album, *What's Love Got to Do With It*. She was an older woman when she did that and Bonnie Raitt when she had her-



[00:27:02] Kathy: *Nick of Time*.

[00:27:03] Tedi: *Nick of Time* album. My album, I feel I'm that kind of an artist. I fit into that kind of a thing except I don't have the longevity as far as fame and-

[00:27:16] Kathy: Yet.

[00:27:17] Tedi: -recording career that they do.

[00:27:18] Kathy: Yet.

[00:27:19] Tedi: Yet, yet. We'll see what happens.

[00:27:22] Kathy: You've described your own sound as "a sober Janis Joplin meeting Steely Dan in Memphis," and I love that. Tell us what that says about your sound. Tell us a little bit about what you're doing these days.

[00:27:37] Tedi: First, I'm sober, 40 years now. I got sober in The B-Girls, actually. Those poor women, they were there, they've seen me at my worst and hopefully now they've seen me at my best.

I'm a rock singer, basically. My album now is a blues thing because first off, the blues genre, it's one of those things where there's a few young people doing it, but really, the real blues aficionados, they don't take you seriously until you're 50, 60, 70 years old.

[00:28:19] Kathy: Until you've lived some life.

[00:28:21] Tedi: Yes, until you have something to be blue about. [laughs]

[00:28:24] Kathy: Right. [laughs]

[00:28:26] Tedi: Nobody wants to hear a 20-year-old singing the blues. It's just, just like, "Give me a break."



We put a little blues band together, maybe five, six years ago, just to see if we wanted to play again when I started getting back into music again. I had written some blues songs. And then my voice has changed. I used to have a clean, pure tone and now I have a smokier voice. I don't smoke but I have a smokier voice. My voice suits the genre.

And then I'm a big jazz fan. I want to play at a high level. I aspire to be a jazz musician. I like the sound. It sounds more sophisticated to me. I like the grooves are more sophisticated to me than just bashing through backbeat 4-4, but there's something about funk that's just good to me too.

Yeah, so that's where the Steely Dan comes in because they were like a jazzy-- I didn't really compare myself to them until after this album was recorded and other people said, "This sounds like Steely Dan." That's a compliment because they were top-notch and they had impeccable recording techniques and the way they made their albums. I appreciate that.

I aspire to do that too. Just the production not to overproduce. I have a very experienced production team and we were able to do that. When people say that, I appreciate it, but that's the Steely Dan. And in Memphis, of course, is the blues part.

[00:30:12] Kathy: Perfect description. The first part of that, the sober Janis Joplin, tell us a little bit about your sobriety journey. You said it's 40 year now. How did that come about and how did you handle it and how do you feel today?

[00:30:27] Tedi: Well, I feel great today. It's easy, much easier to stay sober than to get sober. I'm one of the blessed ones, I feel.

Recovering from addiction-- I hear statistics sometimes and it breaks my heart but I hear only like maybe 7% to 10% of people ever achieve any long-term



recovery from drug addiction and alcoholism. I was addicted to pot, booze and cocaine. Cocaine is what brought me to my knees.

[00:31:06] Kathy: It was the '80s.

[00:31:08] Tedi: Yeah, yeah. I got sober in 1981. Thank God, because that was right, right after I got sober is when you started hearing about crack. People were freebasing before then and snorting it and what have you. Shooting it, some people were shooting it. I was lucky to get out of that.

It's painful. It takes a lot of work. It's an inside job. I had help. I still have help.

[00:31:41] Kathy: Is it still one day at a time?

[00:31:43] Tedi: It's one day at a time. I have made my closest friends through that journey in sobriety because they understand me. I used to not talk about-- a lot of people don't talk, they want to be anonymous, but that's one of the first things I tell people about myself because it protects me. You know, you tell somebody you're an alcoholic, they're not going to offer you a beer. They might not even want you around when they're having a beer. [laughs] It just depends on them.

I try to set a good example that way. I know who I am. It is who I am nowadays. I don't drink, I don't drink and drug. That's just me. So, I'm not tempted. The compulsion and those thoughts of drink, I don't have them anymore and that's been lifted for me. That's quite a gift. So there's life afterwards and there's recovery, like I said, so I'm a recovered alcoholic/drug addict.

[00:32:50] Kathy: Wow. Everything that we've talked about today, it's really been about living life on your own terms. In the story that you just shared about sobriety, not only living and having no regrets, but all of this seems to have added to this sense of vibrancy and well-being in your life. Even when you were doing things for others, like going to work for 20 years in a profession that wasn't too exciting. There



was still that sense of knowing who you are and why you were doing things. I think that's incredibly commendable. I think that's a really important piece of wellness.

But, even though your life has been all about you doing you, there are a lot of people, a lot of our listeners are midlife and maybe they've had dreams like this, but they didn't act on them. If somebody is in their 40s, 50s, 60s, listening to this, what advice would you give them?

[00:33:43] Tedi: I would say, don't be afraid to start. Don't be afraid to pick up on some of those dreams that you've had and realize with age, part of it is good. We might not have the stamina of a young person, but we have patience. We know things take time.

And we're smart, we can find mentors, we can find... There's so much information just on the internet, even as a drummer, it's insane. Nowadays with podcasts and your podcast about wellness. I was listening to this morning to one of your latest ones on mindfulness. The information's available now.

There's no excuses that way. Somebody made a YouTube video about it or a series of them and probably more than one, probably hundreds of people have. Anything you want to do, you can do.

That was something I was concerned with getting back into music 10 years ago. Rust doesn't sleep. I didn't know if at 60 years old-- now I'm almost 70, I'll be 70 this year-- if you could have the hand speed that it takes to play the drums. If you could have the coordination, if you could teach an old dog new tricks. And you definitely can.

Things came easier and quicker on some levels when I was younger. Now, I have the patience to start slow and be persistent and consistent, and that's more important than starting higher up the ladder. You can move up those steps if you put your mind to it. So anything you want to do, you can do.



You know, I'm trying to grow as a person still with maturity. When I haven't attained levels of success, as far as skill level at something or business level, monetarily, whatever, it doesn't affect my self-esteem because I found that the only way you really achieve self-esteem is through taking right actions. That's the only way.

[00:36:07] Kathy: I love that sense of discipline and consistency. That seems to be a theme throughout your life to get you to all the places. Every place that you've been you've earned.

[00:36:17] Tedi: Yeah. My favorite saying is, "A disciplined life is a free life."

[00:36:21] Kathy: Yeah. Nice. I love that.

[00:36:23] Tedi: Yeah. I feel successful just in the pursuit.

You hear that all the time and it sounds corny. And it's frustrating when you're not there and somebody says, "Enjoy the journey." When you have a goal in mind that you haven't achieved, "Enjoy the journey," it's like, "Yeah, right." But really, it is the truth because we only have today.

[00:36:50] Kathy: For those listening, Tedi's not letting you off the hook, no excuses. All you need to do is get started. We've got all the resources here in front of us.

Well, Tedi, we like to wrap up these episodes with something that we call a Dose of Inspiration, a few questions so our listeners get to know you a little bit more. And so we're curious, what have you read or listened to lately that you've enjoyed?

[00:37:12] Tedi: Well, I enjoyed your podcast this morning.

[00:37:16] Kathy: Oh, thank you. That was— [laughs]



[00:37:18] Tedi: I'm into this longevity and wellness and trying to stay preserved. We've talked, we both have longevity genes. My dad's 94 years, yours is going to be 100, that's awesome.

I listened to podcasts like *Huberman Lab*, he's amazing. And I started reading a book called *The Way to Love* by Anthony de Mello. It's a series of meditations. I started that. I'm getting a lot out of that. I've read *Extreme Ownership* by Jocko Willink. He was a Navy Seal and it's like, "It's no one else's fault, it's you." If you want to read that book, there it is. It's you, it's up to you. So, I like that book.

I'm trying to get physically and mentally and spiritually fit on a new level. It's a new year. I put on some weight the last six months, so I'm thinking I'm doing Pilates. I have a gym in my building, I'm lucky. So get down there on that treadmill. That's a meditative thing. And I like to listen to podcasts on the treadmill.

[00:38:29] Kathy: I do the same.

[00:38:30] Tedi: Yes. It's my "me" time kind of thing.

[00:38:32] Kathy: Yeah, excellent, very good. What new thing or experience are you looking forward to trying?

[00:38:39] Tedi: Well, like I said, Pilates. I'm thinking of making a trip, taking a trip with my husband, driving across the country. I haven't been out West, like Montana or Utah, those cowboy kinda states. I want to see it. I haven't been to the Grand Canyon, so I'd like to see that.

I'm enjoying being a grandma right now. I have a six-month-old grandson, Ward, who is just the apple of my eye and my other grandson Oli and my granddaughter, Sophia. I've been enjoying their company over the holidays. I'd get a lot of pleasure from them.



[00:39:19] Kathy: Perfect. Well, I think we talked about your road trip. Is there anything else that you would add to your perfect road trip on what you would do and where you would go?

[00:39:28] Tedi: Well, I'm a foodie, so I'd be hunting out great restaurants experiencing local cuisine. I like sports, I maybe will-- I like to have events when I go places. I've taken barbecue trips where we went to Nashville, Memphis, New Orleans, Texas and ate barbecue for a couple of weeks.

[00:39:53] Kathy: Nice. Did the circuit.

[00:39:57] Tedi: Yeah.

[00:39:58] Kathy: I'm sure there was good music around that circuit too, right?

[00:40:00] Tedi: Yes, I listen to, we go to jazz clubs just about everywhere we go. I want to hear the best musicians I can.

[00:40:09] Kathy: Nice. What has you feeling inspired these days? What's lighting you up?

[00:40:13] Tedi: Well, my grandchildren. It's funny, I'm realizing that I'm getting older, I have some friends with some serious health problems, which is heartbreaking, but I don't feel old at all. I feel my age on a maturity level, all right. I can see how far I've come, and I see what my values are, because I have kids that are in their 30s now. They're still pretty young and they're learning, and learning that I can take care of myself now.

This is one of the things that I need to start doing, pleasing myself, because I'm there for everybody else. I can put up some boundaries, and like I said, I'm trying to get back into my own schedule again, my own routine. I'm not doing all of it, but some of it I've been practicing, all right, a lot. I can spend three hours playing my drums a day, because I want to.



[00:41:26] Kathy: Good for you. I love that since there's still that sense of youthfulness. I'm almost 60 and I still feel like I belong at the kids' table. [laughter] Some of that we just retain, right? It's a good thing.

The last question is, what has you optimistic about the future?

[00:41:44] Tedi: Well, I just believe that over time, society swings from one extreme to another, and we seem so divided. I do have a sense that we went all the way one side, where everything was either black or white, left or right, whatever it was, and I feel like it's coming back. I'm hopeful of that. I think having differences is a good thing, and allowing for that is a good thing. I don't like when people lose their voice. I think everybody should be heard. That's how you find the truth, isn't it?

[00:42:24] Kathy: Right. Well, I also think, to your point in feeling this coming back to center, I think maybe we've gotten a little tired of being opposed and are more interested in looking at the commonality. And that's really all you need, right, that openness to what is it that might connect us versus divide us. That it really starts with the individuals in trying to find that common bond. Hopefully, we've all had a little too much of the other and are looking toward a more compassionate approach of just living in the same world, on the same globe.

[00:43:00] Tedi: I heard something that's helped me with this, and it's, "If you want to love people and you want to be connected with them, then you have to allow them to be wrong." [laughs] I don't have to believe what you believe, but I have to be all right with letting you have a different opinion.

[00:43:19] Kathy: Exactly. In fact, that's one of the practices that I've brought into the new year and it's, "How can you love people where they are?"

[00:43:26] Tedi: Very good, that's it, that's it.

[00:43:28] Kathy: To allow it, just how can I love you as you are, where you are?



[00:43:31] Tedi: Oh, that's a good one.

[00:43:32] Kathy: All right, but you're more than welcome to have it.

[laughter]

[00:43:36] Tedi: I'm stealing it.

[00:43:37] Kathy: It might be a good idea for a song, we'll see.

[00:43:39] Tedi: I'm using it.

[00:43:40] Kathy: We'll see.

[00:43:41] Tedi: Yeah.

[00:43:42] Kathy: Speaking of songs, how can our listeners get in touch with you, where can they find their album, where can they learn more about you?

[00:43:48] Tedi: I think the best place is my website, tedibrunetti.com. T-E-D-I-B-R-U-N-E-T-T-I.com. There's links there, click on the little icons, it will take you to all my social media, the CD is for sale there, there's links. I'm on Spotify, I'm on all the streaming things. I have YouTube videos, Tedi Brunetti Official. I have two songs out there, *Evil Woman* and *Eat, Sleep, Repeat*. About to start some more videos and do some more filming for social media soon.

[00:44:25] Kathy: I have Spotted you and highly recommended it, so check Tedi out. I'll link it all up in the show notes.

Just to take us through the journey of such an incredible life and it's inspiring, you know. You're 69 and proud and making albums and being out there and feeling good. What an inspiration to all of us. And I can't thank you enough for your time today. Thank you so much for being here, Tedi.



[00:44:50] Tedi: Thank you, Kathy, and I wish you peace and love and health in this new year.

[00:44:56] Kathy: Thank you so much.

[music]

Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. Many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

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Until next time, be well!

[music]

[00:46:03] [END OF AUDIO]