

[00:00:04.890] - Wynne Leon

Welcome to the sharing the heart of the matter podcast where we celebrate the why and how of creativity. I'm Wynne Leon and in this episode, Vicki Atkinson and I are with talking with writer and musician Todd Fulginiti. Our discussion centers around finding creative balance, especially in Todd's post COVID life as a musician gig worker. He talks about grabbing opportunities when they pop up because we never know how long the invitations will keep coming. And then the overload that happens when we say yes to everything we talk through, working through the tension between doing too much and taking care of oneself. Todd tells us his conclusion of finding his balance, and we also find out Todd's why for playing music and his creative life. This is a great episode that delves into balance in our creative lives. We know you'll love it. Hi, Todd.

[00:01:27.070] - Todd Fulginiti

Hey, Wynn. Hi Vicki.

[00:01:28.910] - Vicki Atkinson

Hi.

[00:01:29.820] - Wynne Leon

We are so glad to see you again. Glad to have you back. Always great to talk to you.

[00:01:36.950] - Vicki Atkinson

Yes.

[00:01:39.640] - Wynne Leon

You had this recent post that you entitled is my problem age or stress? And you did a great job of describing the post COVID life of a musician gig worker. Can you describe the wave of.

[00:02:01.200] - Todd Fulginiti

I mean, during COVID there was obviously nothing really going on, and I thought that would be a big bummer because I tend to set goals and I'm usually motivated to work towards them and I enjoy working towards them and all that. But then when COVID came and we were all just kind of hanging out for a year and a half, I was surprised how much I enjoyed that, too. This is a weird comparison, maybe, but in a way, it kind of reminded me of the feelings I had right after my daughters were born. Like immediately after they were born, you feel like I don't need to do anything else in my life. I quit my job. I've done everything there is to do. And it kind of had a little bit of that flavor for a while. And then when the world started to come back to normal, everything that didn't happen during COVID started happening. Kind of like all at once. Everyone that had an event, everybody who wanted to have an event and couldn't, then scheduled it. And then plus there were the new events that were coming up. So it just got super busy.

[00:03:15.570] - Todd Fulginiti

Like crazy busy. And I was happy for it at first because I did miss doing all those types of things. And it was working out well for me because I had just quit my teaching job shortly before COVID So I really needed to get more gigs and find more work and stuff like that just to generate more income. And it was great, but I think I used the analogy in the blog about running. Actually, no, I didn't use that. That's in another piece coming up about running. Running is great and it's fun, but you can't go full out forever. You get tired, and then you have to slow down. And for me, I was tired, but I wasn't slowing down. And this isn't the first time that I've been through this in my life. I seem to go in a pattern of everything's cool for about five years, and then I have some kind of bottoming out, readjust things and then kind of repeat the whole thing again.

[00:04:13.260] - Wynne Leon

Maybe like a calibration process where you're recalibrating the engine.

[00:04:18.700] - Todd Fulginiti

Yeah. And since I turned 50 and I'm 54 now, slowly over that period, it's like I have this voice in my head or like, remember the old cartoons where on the shoulder you have the good guy and the bad

guy and they're arguing back and forth? I feel like I have that. And one of the guys is saying, well, you're just old now. You don't have the energy you used to have because you're older, and this is the path you're on now, and it's all downhill from here. It's only going to get worse. And then the other guy on the shoulder is saying, you just need to chill out, calm down, take a break. You're fine. So I've been kind of dealing with that really over probably the last year. It keeps getting worse until I finally, I guess, decide to do something about it like that, with a little drip in the ceiling. It's fine. We'll take care of it. And then when the buckets of water come in, we're going to fix that now, right? Yeah. So I'm just constantly back and forth between. Is this an age and energy thing, or is it just you need a break?

[00:05:33.220] - Todd Fulginiti

And now that I've been trying to restructure some things, I feel a lot better. And I feel like it really is more stress and activity level than age, which makes me happy, because, you know, that day is coming, maybe when you can't do stuff, but that isn't today. Sometimes I have to remind myself that it isn't today.

[00:05:57.820] - Vicki Atkinson

Right.

[00:05:58.860] - Wynne Leon

Because if it's stressed, you can do something about it.

[00:06:01.570] - Todd Fulginiti

Yeah.

[00:06:03.500] - Vicki Atkinson

I think the worst part about all of that, what you just said, kind of the voices, like, we've got the angel, the devil on our shoulder. And then for me, there's so much that I can tap into when I'm feeling like I need to reset or like Wynn said, recalibrate, or you think you're ready for a change, or you need to stay the course or you're not sure. I feel like there's so much input out there that sometimes I'll outfox myself by reading and tuning into too much. And then I invariably come back to that tough self talk where I just sit down and have a really nasty chat with myself and just go, get a grip, girl. Right. You've got to figure this out for yourself because no one's going to do it for us, but that's really hard to do for me.

[00:06:51.500] - Todd Fulginiti

Yeah, I kind of end up in the same boat. Some tough self talk at some point.

[00:06:56.630] - Wynne Leon

Yeah, but you're really highlighting something that I think probably a lot of creatives can really relate to, which is somebody wants my stuff, I got to show up, and I've got to do it on sort of their schedule. And when they want it and all of us, then it highlights. Well, I'm going to just put my needs aside because I love it.

[00:07:21.320] - Todd Fulginiti

Right? Yeah. It's nice to be asked to play and stuff like that. So I'm grateful that that happens. I don't know how long that's going to happen. It could be over right now. You just don't know.

[00:07:39.660] - Vicki Atkinson

No.

[00:07:41.580] - Todd Fulginiti

Well, for music stuff, at least, there's two ways to get a gig. Somebody can give you one, or you can go and get one yourself. And everyone prefers when the part where someone just calls you and asks you to do something because it's a lot less work, but you can't really rely on that. So you spend a lot of time kind of trying to book yourself or go after leads and things like that. And a lot of times they don't work. So it's nice to be in demand. So you don't want to turn down opportunities when you have them. But it's the old saying about when it rains, it pours, you get too much to do for some periods and not

enough to do at other times.

[00:08:32.460] - Vicki Atkinson

And I think for creative types, isn't that like when you lose the joy? Wynn describes this as that balancing act between the doing and the being. And you just described, it's really great when there's a lot of doing because stuff is rolling your way. But I think when you're creative, the joy of doing it is just you being you. And how do you make sure you're preserving that when you're also performing and people have paid for it and their expectations, and in your situation, you have other performers, musicians with you. It's like, how do you balance that? Because you want to keep the joy, right?

[00:09:12.250] - Todd Fulginiti

Yeah, that can get tough sometimes. For me, the best thing is just to make sure I don't overload myself. And yet I seem to constantly be pushing that boundary until I overload myself.

[00:09:26.560] - Vicki Atkinson

And then you reset, right?

[00:09:28.740] - Todd Fulginiti

Yeah, take a break. Then it's good. And then kind of push the boundary again and repeat the whole process.

[00:09:35.840] - Wynne Leon

Right.

[00:09:36.430] - Todd Fulginiti

But it's always tough to turn down those opportunities, and they always sound good at the time, like, hey, here's a date like, three months from now. Then you get a whole bunch of dates three months from now. And all of a sudden, when three months from now arrives, you're like, what was I thinking? But somehow I fail to see that three months ahead of time.

[00:10:03.070] - Wynne Leon

Well, I think that's a pretty common human trait, not to see that three months ahead of time. I heard a piece of advice from somebody once who said, when you are saying yes or no to something, to pretend that it's tomorrow and say, oh, would I want to do that tomorrow?

[00:10:22.720] - Todd Fulginiti

That's good.

[00:10:23.630] - Wynne Leon

Yeah, it is a pretty interesting.

[00:10:28.740] - Todd Fulginiti

The other angle on that is financial, because you're turning down work, and then you're like, well, where am I going to be a couple of months from now? When I'm looking back saying, well, I could have done this and I could have done that, and, jeez, I wish I would have. So it's a tough balancing act. But I think for me, the thing is just to make sure I can go hard for a long time, but at some point, I just need a couple of weeks. Usually January is that couple of weeks, and it comes at a good time because December is, like, the busiest, and then January tends to be the least busy, schedule wise at least. So then I have lots of time to kind of just the things that I would like to do that no one else would really maybe care about that make me happy. I have time to do that kind of stuff.

[00:11:19.520] - Vicki Atkinson

Yay.

[00:11:20.960] - Wynne Leon

Well, I love that you bring up downtime because you often in your pieces talk about Rehoboth beach.

[00:11:29.540] - Todd Fulginiti  
Yeah.

[00:11:30.010] - Vicki Atkinson  
Did I say that right?

[00:11:30.840] - Todd Fulginiti  
One of my favorite places.

[00:11:31.790] - Wynne Leon  
Yes, one of your favorite places. Tell us about that place.

[00:11:36.280] - Todd Fulginiti  
Well, it's this beach town in southern about. I'm in Lancaster, PA, amish country, so it's about 3 hours away. It's a really popular tourist destination, and I think it'd be a neat place to live. They seem to have, like, I mean, there's a year round community that lives there. But of course, it's much smaller than the population when summer comes and stuff. But I guess the reason I really love it is because I've been going there since I was a kid. So when someone mentions the beach to me, I automatically think of that place because I'd been there so many times. And that's, like, almost the only place we went growing up. Every time I need to really chill out or take a couple of days, I can go there and get a good result. There's enough stuff to do and there's not too much to do. So you can do nothing or you can amuse yourself with activity the whole time. Yeah. So it's great.

[00:12:48.270] - Vicki Atkinson  
Is there something for you, Tod? We were talking with Jack about this, about in my head, not being musical at all. Well, not really. I'm a fan. Right. We'll go that, but not a performer. But in the end, kind of everything is rhythm in life. Everything has a cadence. So I'm imagining you being at the beach, like, getting filled up by the rhythm of the waves. Does the water in particular do something to kind of calm you? What is it about the beach exactly? The quiet, the sounds?

[00:13:22.440] - Todd Fulginiti  
Yeah. I really am into water. Like, if I can't get near the ocean, if I can get near a river or even a stream, like, even here, when I go hiking or just around the woods in our area, I'll always choose a place where there's water at some point. And I don't know why that is. Maybe my zodiac sign is cancer, which apparently is a water thing. So I don't know if that has anything to do with it, but I don't know. The water does have a draw for me. To me, it's calming, it's inspiring, it's healing. It's really important for me to be able to get near a large body of water.

[00:14:10.270] - Vicki Atkinson  
Yeah. And it's the seeing it, and it's the hearing it both. Is it how sensory is it? Is it this feeling of the sand? Is it like you're immersing yourself in the beach?

[00:14:22.370] - Todd Fulginiti  
Yeah, all of it. Cool.

[00:14:25.340] - Wynne Leon  
Well, and water metaphors are so perfect for what we're talking about as a process, because there's the EB and flow of life.

[00:14:33.410] - Vicki Atkinson  
Right.

[00:14:33.680] - Wynne Leon  
And we don't know when things are going to ebb. So we try to go with the flow, and that means that sometimes we sign up for every gig that's offered. But your piece talks about adding intentionality, so just not going with the ebb and flow as it happens. But adding the intentionality, and it sounds like that you've kind of gotten a handle on that.

[00:14:59.080] - Todd Fulginiti

The reason I play music is, I mean, first part of it is because I feel like I have to. I just have to do it. But the other part is that I want it to be of value to someone in some way. That might sound silly. So say we're at a casino playing some goofy dance tune. But if people are enjoying that and they're out there having a good time, then in some way I'm helping them take their mind off of whatever's bothering them. Even if it's only for five minutes or for an hour or for whatever. There's that. I know how much I enjoy art and creativity from other people. So if something that I do can have that effect on somebody else, that's awesome and really important. So I do those things for myself and for others. And to me, it's really important that there's both. When I feel like I'm playing or creating just for someone else, that's usually not satisfying enough. And when I'm doing it just for myself, it feels lonely because there's really no one to share it with who seems to care about it. So when I get too busy and you get too much in the motion of just going from this thing to the next thing to the next thing, I tend to lose sight sometimes of why I've chosen to do this.

[00:16:30.580] - Todd Fulginiti

And that's when problems come in. That's when it feels like a job. That's when it feels like I can't do it anymore. I'm too old. I can't do all this whole big weekend. I need to sit around and watch movies or whatever. And then when I remind myself and get a grip on the whys, then everything gets a lot better. But I usually need to have an opportunity for that downtime to kind of refocus on those things.

[00:16:59.600] - Wynne Leon

Yeah.

[00:17:00.800] - Vicki Atkinson

I often wondered what it's like for musicians that kind of crave that relationship with the audience. And people are, like, stoic thinking about places I've been where people are either afraid to get up and bounce or dance, but they're just kind of so wrapped up in themselves that I always think I'm always looking at the musicians faces because it's that exchange of energy, part of my job, being there. If I'm enjoying it, I need to show it. But it's always interesting to watch people that are really closed off, I think, why are you there? Does that make sense?

[00:17:39.440] - Todd Fulginiti

Yeah. Well, people's facial expressions don't always relay what they're thinking. For better or worse, you see people that appear to be happy and into it, and then later find out they thought it was terrible or people are stone faced and not involved, and then later you find out they thought it was great or they give some reaction that is hard to not pay attention to sometimes. But that's where you lean on the fact that you're kind of playing for yourself and your bandmates, the people you're with. Well, I'm not sure we're making all these people out there happy, but we're making ourselves happy and we're having a good time, so we're vibing off of each other.

[00:18:26.060] - Vicki Atkinson

Yeah, I love that.

[00:18:28.010] - Todd Fulginiti

You can't rely on what they're going to do or what they're going to show you or what they're going to feel. They may be opposites.

[00:18:38.410] - Wynne Leon

Yeah.

[00:18:39.170] - Vicki Atkinson

I love that.

[00:18:41.680] - Todd Fulginiti

When I was in college, we had to teach these junior high school music classes. So we'd go into a local junior high and we'd teach like a class you prepare for like two weeks so you could teach a class just

to get the experience. And the professor would sit back there and write all these notes and her face was just. The scowl was terrible. And everyone who went up there every time were like, wow, that's it. I'm just after this class, I'm just going to go back and I'm going to withdraw. I'm done. I clearly have no future. She's going to destroy me. But you never knew what was going to come back on that comment sheet. Sometimes it was good, sometimes it wasn't. You don't know what's behind people's facial expressions.

[00:19:27.420] - Vicki Atkinson  
Yeah, true.

[00:19:28.670] - Todd Fulginiti  
Go on with it.

[00:19:29.890] - Wynne Leon  
You just have to do your best. You tie all of this so well to the aging process in the post that we have sort of mentioned and we'll link to in the show notes. I just want to quote that for a moment. All of these things are ingredients in my current mental entree of self doubt, served with an unhealthy side of worrying about what life will be as an elderly man, what will go wrong, and what I won't be able to do anymore. So good, because that always hangs out there. Of what will happen.

[00:20:12.780] - Todd Fulginiti  
Yeah.

[00:20:14.480] - Wynne Leon  
As you've taken a break, have you kind of gotten a new perspective on that?

[00:20:20.080] - Todd Fulginiti  
I thought you could say, have you gotten a grip?

[00:20:27.300] - Vicki Atkinson  
Okay, that too.

[00:20:28.680] - Todd Fulginiti  
Yeah, sure, it's still there. But taking some time off has just enabled me to understand that or to realize that now I'm good. Whether I'll be good tomorrow or even a couple of hours from now, nobody knows. And the thing is that that's really not any different than it's ever been in life. No matter what age you are, you don't know what's going to happen. You don't know how much time you have left. The only thing that's different is that statistically, we know we're closer to the end than we are to the beginning. So those things that we should be focusing on and that mentality that we should have at any time in our life, it just seems more important to lock into that as we get older, because statistically, we're running out of opportunities to learn that lesson.

[00:21:28.840] - Wynne Leon  
Yeah, I think for me, when I am able to refill my tank, then I have more confidence that whatever happens, I'm going to be able to handle.

[00:21:41.080] - Todd Fulginiti  
Yeah, that's a good point.

[00:21:44.840] - Vicki Atkinson  
I think when I read your post, Tod, when, and I were talking about it almost immediately, because it's one of the things we appreciate about your writing, because those notes, not musical notes, but notes of recognition, they come through. And we love that about reading what's on your mind because it's super relatable. And the thing that I thought, and I made a note to myself and I saved it on a postit note, is that conundrum that we face because we don't know how our story is going to be told. We don't know the conclusion, we don't know the unfolding. And kind of, it's maybe an overused cliché, but it's a reminder. And I need them to be in the moment as much as possible. Tell the people you

love, know, pause, and do the things that Wynn was talking about to fill up what you needed to do by taking a break so that you can be the best version of whoever you think you can be, because you want to love up everyone around you who matters. Because all those little moments, that is what life is. And so your post was just so, it was disarming and such a good reminder that because we don't know how things finish, you've got to be in it every day.

[00:23:00.600] - Vicki Atkinson

Every day. So I wanted to just say a heartfelt thank you to you about that. So good.

[00:23:06.200] - Todd Fulginiti

Thanks. I appreciate you guys reading my stuff and commenting. And along with that being the best version of yourself that you can be, of course, comes the sleep, diet, exercise, all that self care stuff that a lot of times is the first thing to go when you get busy. But I know just how different. My mental attitude is about everything. When I haven't skipped like two meals and stayed up till two or three in the morning. That's right. You get a decent sleep and then you eat healthy like a normal person, get exercise. All of a sudden the world is wonderful again. Yeah, you feel physically better and then you don't feel like, hey, I feel the same now as I did when I was 35. So maybe not aging, maybe it's just like, you should eat just the basics. Take a drink. Yeah. Get outside.

[00:24:10.440] - Wynne Leon

Right.

[00:24:11.480] - Todd Fulginiti

Win.

[00:24:11.820] - Vicki Atkinson

And I joke about this because we both have like sugar monsters within. And the older I get, and maybe this is what you're saying, todd, so tell me if I'm following, but, like, I'll look at a cookie and go, I might love you now, I might want you now, but I might hate myself after I eat it. Not because of weight stuff, but because too much sugar makes me feel like crap. But I've become more calculated about the decisions. Like, do I really want to do this?

[00:24:37.870] - Wynne Leon

It's hard.

[00:24:39.220] - Todd Fulginiti

Yeah. For me, I would be okay with that cookie at mid afternoon if I just ate the one with other stuff. But if I put it off and put it off and then I'm not eating anything, or like, I skip a meal, eat poorly. Then you get home around eleven or midnight, and of course my wife goes to bed earlier than that, so I'm not really tired. So I'm hanging out by myself. And that's when the big killer cravings start. That's when they eat like twelve cookies. And I'm like, you probably just should have had a real meal and like one cookie for dessert. With that meal, everything would be fine. I know how to stay out of the cravings way, but it doesn't mean I do it.

[00:25:20.320] - Vicki Atkinson

Yeah.

[00:25:21.680] - Todd Fulginiti

Like they say in football, you have the game plan and then you have execution. And they often are not the same.

[00:25:30.640] - Vicki Atkinson

Good, especially after hours when the house is dark and everyone else is asleep somehow, like that resistance, it just drops. Right?

[00:25:39.190] - Todd Fulginiti

Yeah.

[00:25:41.140] - Vicki Atkinson  
I love that.

[00:25:42.600] - Wynne Leon  
The last time we talked to you was when you just had released your jazz on King album and it was based on some gigs that you do. Are you still doing those gigs?

[00:25:53.240] - Todd Fulginiti  
We're still doing them.

[00:25:54.410] - Wynne Leon  
Wonderful.

[00:25:57.740] - Todd Fulginiti  
We had been kind of rolling with the same concept for a couple of years, so we kind of just changed it. And before we were trying to get this mid century vibe, I mentioned this painter shag and that kind of stuff, and we kind of moved on from that. Now. Now we're just doing more, just a different style of jazz. We still do some of those older things, but now we're focusing more on just different artists that we like and doing more edgier, more energetic stuff just to keep it alive and keep it fresh. That gig, along with what we were saying about life, that thing's going on. By the standards of my area, for a jazz gig, that gig is about 80 years old. It's almost three years. Most people, let's try this jazz thing, and six months later, they're like, oh, nobody comes to this, and we're not making any money, we're done. So that's kind of what I figured would happen. But it's been going on three years, so I keep waiting to get the call that it's over. So I know it will be over, probably, well, we're probably, again, closer to the end than we are to the beginning, but we just enjoy every gig and do the best we can with it to keep it exciting.

[00:27:22.340] - Todd Fulginiti  
I mean, we're liking it, the ownership team likes it, but we're upstairs on the second floor in front of some people, and downstairs on the first floor, they're doing karaoke for, like, 150 screaming, drunk people. From a business standpoint, if you're going to get rid of one.

[00:27:47.500] - Vicki Atkinson  
Whole different.

[00:27:48.210] - Wynne Leon  
Crowd, that is a whole different crowd.

[00:27:50.150] - Vicki Atkinson  
Right?

[00:27:50.400] - Todd Fulginiti  
Yeah. So I'm glad they appreciate us and keep us around, but I know they have to make money, so we'll see what happens.

[00:27:56.740] - Vicki Atkinson  
Right. Tell us when we need to show up and unplug some karaoke equipment for you. We'll do a little vandalism right on the side.

[00:28:05.560] - Todd Fulginiti  
Right.

[00:28:05.930] - Vicki Atkinson  
Let's preserve the live music. We have no idea what the technical difficulties are.

[00:28:10.500] - Todd Fulginiti



Right.

[00:28:10.930] - Vicki Atkinson  
Yeah.

[00:28:11.610] - Todd Fulginiti  
Just log in and trip over a cord.

[00:28:13.850] - Vicki Atkinson  
Yeah, it could happen. Yeah, it could happen.

[00:28:18.230] - Wynne Leon  
We had a used karaoke machine that was passed on to me from a friend, and only one of the microphones had the wire hooked into it anymore. And my kids were. Mr. D probably was two, and Miss O was about six, and they know, sort of wrestling over the one mic that worked, and Miss O took it from her little brother and.

[00:28:42.960] - Vicki Atkinson  
Was it a rumble?

[00:28:44.500] - Wynne Leon  
He bit the cord out of it, and then she was like, I can't.

[00:28:49.440] - Vicki Atkinson  
Believe he bit it. Whoa.

[00:28:53.140] - Wynne Leon  
I can't believe he bit it. We can always do that to that.

[00:29:01.020] - Vicki Atkinson  
I could just stick my kids on the machine. Yeah, but isn't there that developmental time when kids, like, we forget as we get older? Right. But kids, when they're small, they can do a lot of stuff with their teeth. Watch me. I'll bite you if you cross me. And I'm going to take that microphone. Well, it was what he could do.

[00:29:21.820] - Wynne Leon  
With his two year old skill set that his six year old sister was a lot stronger.

[00:29:28.800] - Vicki Atkinson  
Well, there you go. It'll just be a road trip to Pennsylvania. Right. And you bring me up on the. Yep. And then we'll trip, we'll bite, and then we'll join you on the second floor. Right.

[00:29:40.150] - Todd Fulginiti  
Sounds good. I love it. Yeah.

[00:29:43.300] - Wynne Leon  
Now we've gone off the rails.

[00:29:45.400] - Todd Fulginiti  
Yeah, that gig is going well, but I mean, still, it is what it is. It's a jazz gig.

[00:29:52.840] - Vicki Atkinson  
You had said before that the owner has been super supportive. You've got a really good relationship with the guy that either owns or manages the venue.

[00:30:02.140] - Todd Fulginiti  
He's a part owner. He manages it and he's part owner. Maybe you've heard this joke, but it pertains to

what we're talking about. Do you know the difference between a jazz musician and a blues musician? A jazz musician plays 1000 chords for three people and a blues musician plays three chords for 1000 people.

[00:30:29.780] - Vicki Atkinson  
Yeah, I can get that.

[00:30:32.040] - Todd Fulginiti  
That's real.

[00:30:33.240] - Vicki Atkinson  
Yeah.

[00:30:34.130] - Todd Fulginiti  
So you're under no delusions. That's why jazz musicians. That's why we're just excited that this particular thing has been ongoing for three years. There's other things at other places, so it's not like this is the only one, but it's nice that it's ours all the time.

[00:30:54.430] - Vicki Atkinson  
Yeah, but you're also know, you were kind of know mid century and now you're kind of know looking at some edgier stuff. So you're not staying in one jazz lane. Right. You're exploring.

[00:31:06.620] - Todd Fulginiti  
Yeah. Trying to stretch it out, bring in some new people, some guest artists and stuff like that.

[00:31:11.620] - Wynne Leon  
Yeah. Well, Tod, you are so talented as a creative, as a writer, as a musician. And then we love it when you write about music. I mean, it's such a wonderful crossover.

[00:31:22.660] - Todd Fulginiti  
Thanks.

[00:31:23.940] - Wynne Leon  
Tell us where our listeners can find you.

[00:31:27.270] - Todd Fulginiti  
Well, my website is [todfuljanetti.com](http://todfuljanetti.com) and that just lists the different groups that I have. Most of them are small. I thought in trying to get gigs, the more diverse I could be, the better. So I basically put small ensembles together for each one for a different style. So those are on there and my schedule is on there. And there's a store link where you can listen to or download the recordings that we've done. And all that stuff is also on streaming services. So you can look us up there. Yeah, on streaming services. Some of it's Tod fulgenetti some of it is under full Janetti family band. And the other album we did is the cat's pajamas old school jazz band.

[00:32:18.820] - Vicki Atkinson  
Good stuff.

[00:32:20.070] - Wynne Leon  
Good stuff.

[00:32:22.020] - Vicki Atkinson  
Thanks.

[00:32:23.060] - Wynne Leon  
Yeah, we'll link to all of that in the show notes. Thank you so much for being here.

[00:32:28.140] - Todd Fulginiti

Yeah, thanks for having me. It's always a pleasure talking to both of you.

[00:32:31.930] - Vicki Atkinson  
Ditto.

[00:32:38.540] - Wynne Leon

Thank you for listening. Our music is composed for sharing the heart of the matter by the exquisitely talented duo of Jack Canfora and rob Koenig. For show notes and more great inspiration, please visit our site at [sharingtheheartofthematter.com](http://sharingtheheartofthematter.com).