

# Pidgie

## Pidgie Talks About “Just Breathe”

People are saying I’m “such an artist,” but to be honest, creativity IS my “normal.” It’s what is going on inside of me. *Just Breathe* is my way of creative connection, and during this pandemic I am truly living these songs. Being able to tell my stories and feelings through my music is something I am forever grateful for.

The songs and themes encompass a ton of feelings from the past few years, made more vivid by the trials and tribulations of the Covid pandemic that we’ve all lived through. Some have my heart written all over them. “They Took You Away,” written as a memorial to my 97-year-old father, who passed away alone from late-stage dementia in a nursing facility during a six-month lockdown because of Covid, represents the deep sorrow many have faced with losses in situations they could not control. I’m so grateful to my friend Liberty Devitto (Billy Joel) for drumming on this one. He lent such a meditative air to it.

I chose the CD’s one cover, the Nina Simone gospel classic, “I Wish I Knew How It Would Feel To Be Free” as a tribute to those who struggle around the world. I first recorded this song in a youth-group choir in my church when I was 15, and now singing it again brings it full-circle for me. It’s a Sixties civil rights anthem, and I well know that the disability independent living movement takes its model from that global effort. Gospel vocalist extraordinaire Simone Brown (from the award-winning group Devotion) joins me.

But... a girl’s gotta rock! “Kick Ass Boots” expresses the strength of a woman who has had enough. She picks herself up, puts on the proverbial kick ass boots, and walks out of one life to start another. I especially love the joyous rap at the end with Christine Ohlman (of the Saturday Night Live Band). The Beehive Queen and I go at it!

On the CD’s first single, “Accessory” (with ultra-powerful guitar by my friend Cliff Goodwin of Joe Cocker’s band), I dig deep to come to terms—thinking of an ex—with the topic of how women are constantly objectified. Some men hang a woman on their arm like a fine Hermes pocketbook....but, baby, I’m done with that!

And on the title cut, “Just Breathe,” Liberty Devitto again joins me on drums, his groove helping frame my thoughts about the very, very difficult times we’ve been through. For those who already struggle with fear, with anxiety, with lack of confidence, the simple, calming act of breathing can be a bulwark against the world. It was a natural for the CD’s title—we’re talking about the very breath of life!

Throughout, I am indebted to the amazing musicians assembled by my producer, Vic Steffens at Connecticut’s Horizon Music Group. Here, with just a sampling of their myriad creds, are their wonderful names: Bobby T Torello (drums, Johnny Winter/Grace Slick); Scott Spray (bass, Johnny and Edgar Winter Bands); Al Ferrante (guitar-Cyndi Lauper/Edgar Winter); Ron Rifkin (keys-Charlie Karp/SOLD OG), plus the aforementioned Ohlman, Goodwin and Devitto!

I’m indebted for amazing horn charts to Bill Holloman (Nile Rogers & Chic).

All in all, I feel that *Just Breathe* has set me on the journey of a lifetime. My publishing company is called Creative Perseverance. That about sums it up for me. Life is like a GPS. You may need to find an alternate route to get to where you are going but, with creative perseverance, you will always arrive at your destination! It’s all about connection— and pressing on, as the gospel songs say. I guess it’s true: I’m *such* an artist!

