

Ask Mike!

Editor's Note: Michael Goode was interviewed by an editor for Oprah Winfrey's O Magazine article on stage fright for the August 2006 issue. Congratulations, Mike!

Stressed about an upcoming gig? Work got you singing the blues? Columnist Michael Goode can help!



BY LOCAL 10-208 MEMBER
MICHAEL I. GOODE

In my last column, in June, we talked about ways to go to an even higher level with your art. Today, we are going to talk about how to get real consistency in your playing. Here's July's Q&A:

Q: So, I have been doing all the things you have talked about: writing anger letters, singing in my head when I play, taking a lot of air, and listening to great musical models, and things are going great. However,

I just can't play great consistently. Why not?

A: This is a question we all ask ourselves but it can be answered. Dale Clevenger, the legendary Principal Horn of the Chicago Symphony, talks about "having to climb the mountain" every day. What he means is that in order to get truly consistent in our playing we really have to start from scratch every day, clear the slate, clean the blackboard and start fresh. But you must have a set of things to get you thinking in a musical way, of making art before you play or touch your instrument or sing a note if you are a singer. Like Adolph Herseth, the legendary Principal Trumpet of the Chicago Symphony, always says about playing; "You gotta be turned on." The point is, you must get your mind thinking about making music, making art BEFORE you practice or perform. You need to figure out what that will mean for you; ask yourself what are the things that put you into an artistic state; where you best playing is.

For starters, one of the best things you can do immediately before playing is to imagine your mind as a blackboard, then erase it. Then immediately imagine the best time you ever played when things were REALLY

working; when you were REALLY "in the zone," and if you don't have any strong experiences like that, simply remember a time when you felt your absolute best, like when you might have been on vacation. Then imagine you are there. Stay in this state whenever you play, making sure you are taking huge amounts of air when you breathe if you are an instrumentalist (strings too!), singers must breathe of course, and sing everything that you are playing or singing in your mind as you play or sing it. Arnold Jacobs, the great tuba player and teacher from the Chicago Symphony, always told me, "There should be an instrument in your head and one in your hand; the instrument in your head should be perfect; make the outer instrument the same as the one in your mind."

All these things I have mentioned should be reviewed in your mind right before you play every day. If the instrument in your head is not clear and you don't know what your artistic standard is, listen to somebody great on your instrument that you admire before you play and play this back in your mind as you play as I mentioned in June's column. This is how you can create your own "instrument in your head" that you can always count on.

Q: I have been playing professionally for some time, but I hate doing paperwork. Do I really need to keep track of all the money I make, and who really cares?

A: You DO NEED TO keep track of EVERYTHING that you do. Business and accounting paperwork is not an option for us. Finding a good accountant who understands musicians and is honest and thorough is a must. You do not want to be audited by the Internal Revenue Service and if you are, keeping good records and having a good accountant to help you organize them is essential. There are too many stories of musicians who have made it big, never kept great accounting records and ended up paying millions of fines to the IRS. Don't let yourself be in that category!!! If your records are a mess, get on the phone to a good accountant right away!

Send your questions to: Ask Mike!, Trumpetworks Press, 715 Lake Street #269, Oak Park, IL 60301, or you can check out my website at www.trumpetworkspress.com and see information on my book, "Stage Fright in Music Performance and Its Relationship to the Unconscious." All names are confidential and will not be published.

© 2006 Michael I. Goode

Join Our List of Solution Pledge Activists!

- | | | | |
|---------------------|----------------------|-----------------------|----------------------|
| Bain, Robert | Hill, Cecil | Mitchell, Glenn A. | Schubach, David |
| Bergantino, Dr. Len | Ingber, Ira B. | Mitchell, John J. | Sitterly, Jim |
| Bovyer, Gary | Ingui, Thomas C. | Newman, Mitchell | Thompson, Sir |
| Cassidy, Ed C. | Kaplan, Larry | Pastor, Luis (Louie) | Charles P. |
| Chilcott, George W. | Kelly, Wendell Clay | Peek, Adrian | Trombetta, Vince |
| Cron, Rosalind | Kostelas, Andreas G. | Ramsey, Gloria C. | Wang, Tze-Koong |
| Espinosa, Hal | Lasley, Gary | Rasmussen, Chelsea | Williams, Serena Kay |
| Gilmore, Thomas D. | Le Vang, Maurice | Rice, Richard K. | Wolf, Kayte |
| Goodman, Allen | Levieu, Milcho | Rosen, Jay A. | Zepeda, Magdalena |
| Greene, Richard S. | Lewis, Louis W. | Rucker, Washington I. | |
| Hancock, Joseph F. | McGarity, Kent | Ruiz, Adrian | |

If you would your name added to this list, please fill out and return the Solution Pledge form on the right. If you wish your name to be removed, send notice to Secretary/Treasurer Serena Kay Williams.



introducing the... **Chromatic Watch**
"Perfect time in chromatic scale".
 Available in men's and ladies styles.
 Quartz movement, goldtone with leather strap.
 Lifetime warranty. Satisfaction guaranteed.
 Includes free music scales, modes, & theory booklet.

Now only \$29.95
A great gift for music lovers.
1-888-510-7865 (USA)
 \$29.95 plus \$5.00 S&H, check, money order,
 AMERICAN EXPRESS, VISA or MASTERCARD
Chromatic Watch Co.
 P. O. Box 13, North Tonawanda, NY 14120
 Phone: (716) 694-3398 • Fax: 716-743-8290
 Visit Our Web Site At: <http://www.chromaticwatch.com>
 E-Mail: Sales@chromaticwatch.com

Don't be part of the problem...
 Be part of the solution!

THE SOLUTION PLEDGE

"I'll be there..."

- ...standing up for my fellow musicians in their fight to preserve jobs, retain live music and promote respect for our profession;
- ...supporting the cause of our brothers and sisters in the labor movement;
- ...lobbying politicians in support of legislation that will improve the lives of working people;
- ...helping wherever possible to advance the arts and arts education for our children."

Name: _____
 Address: _____
 City, State, ZIP: _____
 Home Phone: _____ Cell Phone: _____
 Fax: _____ E-mail: _____
 Signature: _____ Date: _____

PLEASE SEND THIS PLEDGE TO: Serena Kay Williams, Secretary/Treasurer, Professional Musicians, Local 47, 817 Vine St., Hollywood, CA 90038 or secretary@promusic47.org. Call President Espinosa, Vice President Trombetta or Secretary/Treasurer Williams for info.