

# Ask Mike

By Local 10-208 Member Michael I. Goode



This is a new column about stage fright written by Michael I. Goode, Local 10-208 member from Chicago, who frequently travels to Los Angeles to do workshops on this topic and the mental aspects of playing. He is an internationally-recognized authority on the subject having been featured last year on the British Broadcasting's World Service show *Music Review* hosted by Mark Lowther. His book, *Stage Fright in Music Performance and Its Relationship to the Unconscious*, is based on his graduate research at the University of Chicago, where he created a new field of science to study the topic, called psychoneuromusicology, which combines the study of the body, emotions and music and explains exactly what happens when we perform well and when we don't and suggests solutions on how to fix it. See [www.trumpetworkspress.com](http://www.trumpetworkspress.com) for info.

What this monthly column will attempt to do is show you how Mr. Goode solved his stage fright. It is based not only his research but on the hundreds of people that he has helped solve this condition around the world.

Mr. Goode is currently Principal

Trumpet of the Chicago Reading Orchestra, conducted by Music Director Franze Vote, staff conductor for the Metropolitan Opera in New York. His concepts also reflect the examples of his teachers, Adolph Hersch, Arnold Jacobs and William Scarlett of the Chicago Symphony.

So, enough of the preliminaries. In this column we will take your candid anonymous questions about stage fright and try to give you very practical answers that you can use to help you play much better than you are now.

## Q. So, what is stage fright?

A. Stage fright happens when you are playing or attempting to play, and you can't play as well as you should.

## Q. How come ever time I go to a gig, I get a little jumpy I get "butterflies" and then after a few minutes of the first tune, they go away and people say it still sounds okay even in the beginning part?

A. This is not stage fright. This is simply your body's chemistry gearing up to play great.

## Q. What are some stage fright symptoms?

A. Some stage fright symptoms are sweaty palms, confused thinking, fast heartbeat, fast breathing, your body shaking, these kinds of things. There are others but these are the most common ones.

In our next column we will talk more about how to solve stage fright and overcome it and play great all the time. We welcome your questions. Please send them to: Michael Goode, Trumpetworks Press, 715 Lake Street #269, Oak Park, IL 60301. All replies will be confidential and no names will be published.

## EMD Administrator's Report...continued from page 3

are available at Local 47 and can be faxed to you if needed. They are also available on our website, [promusic47.org](http://promusic47.org). The session must be reported in advance and a session number secured for the contract. If this procedure is not followed, regular recording scale will apply.

Doubles are an additional 25% for the first and 10% additional for each double thereafter. There is an additional 50% premium for all work done on any designated holiday. (Check with the union.)

The scale for "Stacking" is an additional 50%. Music Prep is 50% of the regular sound recording rates. Pension and H&W are each an additional 10%. The Agreement allows 7 1/2 minutes of finished product for each hour of session time except for classical music units which are allowed 15 minutes of finished product for each hour of session time. (Permission for this last provision must be obtained prior to the session.)

The report form for a Limited Pressing session is a B-9. A copy of the finished product (CD) must be delivered to the Union when requested. When 10,000 pressings have been made the session upgrades and the musicians must be paid the balance of the wages earned under the regular Sound Recording Agreement.

As always, when in doubt, please call this office and we will be happy to help.

## Sideline Work

There has never been a lot of sideline work for our members but there is some. If you are interested in this kind of employment please call Musicians Referral at (323) 993-3174. All sideline work must be for a signatory employer and the appropriate report forms filed. One person must be designated the "Leader" and is responsible for completing and filing forms. First time "Leaders" have access to unlimited support from our staff so don't be reluctant to call. If someone tries to put you on a SAG or AFTRA contract for any sideline service, please call this office. The AFM Agreements cover all sideline services that you may be asked to perform by and employer.

*"Would those of you in the cheaper seats clap your hands? And the rest of you, if you'll just rattle your jewelry."*

-- John Lennon, English singer and songwriter (1940-1980)

## Vincent DeRosa Scholarship Concert

This spring will mark Local 47 Life Member Vincent DeRosa's retirement from teaching. The USC Horn Ensemble will perform a concert in his honor on Wednesday, April 20 in Newman Recital Hall on the campus of USC. This concert will benefit the DeRosa Scholarship fund, which was established by Local 47 member Rick Todd at USC five years ago. The scholarship is funded by the annual spring concert by the Horn Ensemble, which performs works for horns written by Hollywood's finest film composers. To date, there have been premieres of works by Elmer Bernstein, John Debney (*Passion of the Christ*), Bruce Broughton, Alf Clausen (*The Simpsons*), Michael Giacchino (*The Incredibles*), Patrick Williams (Mancini Institute Artistic

Director), Tim Simonec (*Alias, Lost, The Incredibles*), as well as many others.

This year, the program will include world premieres by Local 47 members Don Davis (*The Matrix*), John Williams, Randy Newman, Michael Giacchino and others. These noted composers are helping to pay tribute to a 30-year teaching career as well as the great career DeRosa has had in Hollywood; he was first call on all of these composers' lists for many years.

The concert will take place at 8 p.m. and there is a suggested donation to the Vincent DeRosa Music Scholarship in French Horn. For more information, please contact Richard Todd at [clambake@richardtoddmusic.com](mailto:clambake@richardtoddmusic.com) or visit [www.usc.edu/music](http://www.usc.edu/music).

## Boycott Employers Council Hotels

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Current information about labor unrest at specific hotels can be found at [www.hotellaboradvisor.info](http://www.hotellaboradvisor.info). More information can be found at [www.unitehere.org](http://www.unitehere.org).

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