

Ask Mike

By Local 10-208 Member Michael I. Goode



In my last column, in January, we talked about burnout and practical little tricks you can do to get unstuck on a piece you are working on. Today we are going to talk about difficult people in the music business and getting what you want. Here's February's Q&A:

Q. I have this great gig. But this guy who sits next to me is a real jerk, always putting me down and trying to get me mad. How do I handle this?

A. Most of the people we work with are usually great and just want to do the job and play great music and we all get along fine. That's how it should be. But unfortunately, some people in our business, like in other places in life, are carrying their own personal baggage with them wherever they go, and feel that they have to discharge this on the closest available person and try to get under their skin. In this case, this is you. What can you do about it? For starters, write one of those uncensored private anger letters about this person. Believe or not, that will usually solve the problem because you will disengage from their unresolved anger which causes them to want to put you down in the first place. If you continue writing anger letters and they still get under your skin, tell them at some point, "I'm sorry you are so angry." That should take care of the problem.

Q. So, things are going well but I keep doing stupid stuff outside of gigs that practically could cost me my job, lots of drinking, drugs and just managing to get sober enough to be able to make it on time to the gig

and play. I have never been much of a drinker or a druggie, but since I've gotten this great gig, this other out-of-control stuff has been happening. Why? I am getting exactly what I wanted and they really like me.

A. This is a great question. Sometimes, the hardest thing IS getting exactly what you want, especially the positive good stuff. Unfortunately, we all have lots of negative programming that goes against being happy and successful even though we think that's what everybody wants. Most people do not realize that you need to be successful in your job but also in the rest of your life. You must take steps as you succeed to accept the fact that the hardest thing in the world for most of us is not getting the great gig; it is accepting the fact that you got it and embracing it instead of getting into these self-destructive patterns that you are into now. Right away, start writing anger letters about why you are having trouble accepting the fact that you got this great gig and that you are angry that you are self-destructing with drugs and alcohol instead of enjoying your suc-

cess. You will then get down to the root of where your bad self-concept has come from; continue to write anger letters based on what you find. Good luck and keep writing them! You will see wonderful changes in your life as a result, not just in music. People and things will appear that will support you in this new positive direction as you keep writing anger letters on anything that is bothering you. This has happened to me all the time! The more anger letters you write the more things will dramatically change for the better. Next month we will continue to talk more about accepting positive things in your career and in your life.

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 replies are confidential and names will not be published.

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2006 ANNUAL MEMBERSHIP DUES

REGULAR MEMBER ANNUAL DUES

Full Year \$190
Half Year \$100

LIFE MEMBER ANNUAL DUES

Active Life Member \$90
Inactive Life Member \$70

Suspension/Expulsion/Reinstatement

Regular members, Life Members and Inactive Life Members Annual Dues must be paid before **Jan. 31, 2006**. Dues must be paid by March 31 to avoid suspension. Reinstatement fees must be paid by June 30 to avoid expulsion.

Regular members semi-annual dues must be paid before **July 31, 2006**. Dues must be paid by Sept. 30 to avoid suspension. Reinstatement fees must be paid by Dec. 31 to avoid expulsion.

When paying by mail, please write "Attention: Membership Department" on your envelope. **When paying by Online Banking the checks must include your name and your Local 47 six-digit account number that appears on your statement.**

DEATH BENEFIT IS NOT PAYABLE TO A BENEFICIARY IF THE MEMBER WAS SUSPENDED, EXPELLED, OR HAD RESIGNED

Make checks or money orders payable to:
Professional Musicians, Local 47
817 Vine St., Hollywood, CA 90038-3779

Visa and Mastercard (Not Bankcard) Charges Accepted

Service fee rates for the use of Visa and Mastercard:

From	\$1 to \$100	\$1
	\$101 to \$200	\$2
	\$201 to \$300	\$3
	\$301 to \$400	\$4
	\$401 +	\$5

For further information, please call the Dues Dept. (323) 993-3116

Dues Payment Policy

Membership dues are due in January of each year. If you pay for the entire year, the amount due is \$190. If you pay semi-annually, the amount due is \$100, and a second installment of \$100 is due in July of the same year.

Please note: Credit charge payments are subject to a processing fee as published monthly in *Overture*.

Returned checks are also subject to a processing fee.

Example: John O. Member pays \$190 but it is not received until April 1. The result, without exception, is as follows:

- \$25 applied to reinstatement fee.
- \$100 applied to first half of semi-annual dues.
- \$65 carried forward as a credit against any fines, late fees and/or work dues.

NOTE: If you anticipate a late payment for full annual dues and you do not want your payment to be applied as in the above example, you must include the extra \$25 reinstatement fee with your payment totalling \$215. The reinstatement fee of \$25 also applies to Life Members and Inactive Life Members.

PLEASE NOTE THE FOLLOWING IMPORTANT INFORMATION

If your membership dues are received by the Local after March 31 (annual or semi-annual payments) or Sept. 30 (semi-annual payments only), your membership dues payment will be subject to a reinstatement fee and will be allocated as follows:

- First** - Reinstatement fee.
- Second** - Any remaining amount will be applied to current period membership dues.
- Third** - Any remaining balance will be applied to current period fines.
- Fourth** - Any remaining balance to late fees.
- Fifth** - Any remaining balance to work dues.

LOCAL 47 MUSICIANS RELIEF FUND

Be an anonymous donor. Provide confidential assistance to members in need. Send dues to the Secretary's office.

Please give generously.