

Ask Mike

By Local 10-208 Member Michael I. Goode



In my last column, in February, we talked about difficult people in the music business and getting what you want. Today we are going to talk more about accepting positive things in your career and in your life. Here's March's Q&A:

Q. Gigs are going great, I am working all the time. I wrote some anger letters like you said to get adjusted to things going well. But sometimes I just feel a little crazy and burnt out. What's that about?

A. Sometimes, even though we are doing well and taking steps like writing anger letters to get used to positive stuff happening, we still have emotional and physical adjustments to make to the totally new habit that things are going well and continue to do so consistently. You have been used to things not going well and it takes a lot more energy to do things wrong and to live poorly than it does to do things right and to live in a healthy manner. As a result of this, for the first time, as you are accepting positive things happening consistently for you, your psyche feels safe enough to let its guard down and your body can now react to the enormous amount of energy it took to live an unproductive and negative life before; both in music and in your life in general. It is really important at this point to try to back off a little when you are not practicing or performing, and take care of yourself at home outside of music. Sleep more, eat better, talk things out with friends, go do some FUN non-musical things when you are not working or practicing. You've got to learn to have a complete life. What we do is very demanding and unlike any other career, so give yourself a break and

take care of yourself outside of the job. Take a walk, go to a favorite restaurant, to the ball game, the museum, things like that. This will go a long way toward you being able to handle positive things and it will make you far more focused and increase your artistic level when you play and your level of professionalism on the job.

Q. I noticed that since I have done the anger letters, and things are going better, I have noticed that I have become more sensitive to when I have had enough practicing. I used to never know when to quit playing and it sometimes had disastrous consequences on gigs. Now I look forward to doing things outside the gig more. What's happening to me?

A. This a great question. As you write the anger letters and get more tuned in to what is happening when you are playing and practicing, your life will become more balanced and you will want to do things outside of music. Yet, the funny thing is, when you get to your playing, it will become even better and more intense, at a higher artistic level as I have mentioned

above. This heightened sensitivity will make your artistic quality control much greater and you will have more discipline in knowing when to stop practicing when it has been enough. The outside activities enhance your playing rather than take away from it and you will have far more to contribute to yourself and the audience as a mature artist with even more to say whenever and wherever you play.

Next month we will talk about how the music business is changing and how those positive changes can help you and give you even more choices and opportunities for real artistry.

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. © 2006 Michael I. Goode

Mr. Goode will be visiting Local 47 in April. Please contact him via email via his website if you are interested in a private consultation while he is here.

**Nazareth Gevorkian
proudly invites you to his
newly-opened violin shop**

Nazareth Gevorkian Violins



I specialize in repairs and restorations on violins, violas, cellos and bows, as well as carrying a selection of instruments, bows, strings and accessories. Having had an extensive background in jewelry making and designing, I have achieved the highest quality work on instruments and bows. You'll get the best quality work, service and prices on the West Coast! Wish you all a happy, healthy and successful new year!

900 E. Cornell Dr.
Burbank, CA 91504

818.843.4700 phone/fax
818.486.3539 cell

President's Report...cont. from page 3

Board to discuss a settlement.

As we continued to talk settlement with the employer we were also planning our strategy on a big demonstration in front of the Pasadena Civic Auditorium. We had discovered the employer was planning to present a concert by the winners of the competition and that the City of Pasadena was apparently donating the use of the Civic Auditorium for this concert. As the pressure continued and certain key people in high places were told what might happen at the Pasadena Auditorium (including several conversations on this point between Local 47's counsel and the Pasadena City Attorney's office), I received another call from the employer wanting to have an additional meeting with me. He told me he had a possible solution to the problem, which, of course, I thought was merely a counter-offer to the settlement demands from Local 47.

I had him meet with the Executive Board one last time and yes, he did have good news. He brought an "Angel" with deep pockets who calmly sat down and wrote a check for *all* monies owed, including attorney's fees, totaling about \$135,000.

They plan on having another Rachmaninoff International Piano Competition in November 2007 and said they want to be able to use our members for that event. I told them that we want them to use our members, but in the future, we will expect a bond prior to the event to cover all financial liabilities, and they agreed!

I want to take this opportunity to acknowledge the wisdom and foresight of our Executive Board, who decided to take what was, for some, an unpopular stand (after all, we paid over \$100,000 in wages and fringe benefits). Whether it was big money or small money, the Board and I did what we thought was in the best interest of our members. I also want to acknowledge the commitment and diligence of our attorney, Lewis Levy, who took this fight to the mat, began and followed through a campaign using legal and political tools, and helped to completely recover all monies in far less time than we thought it might take.

In light of the current atmosphere toward unions, including the AFM, this is only one of the many reasons to belong to Local 47 and work under a union contract. And yes, this was a big win for Local 47 musicians. We have put some new safeguards in place against anything like this happening in the future, and we look forward to continuing to help all our members thrive and prosper and continue to be protected and secure in the face of what can be a very challenging career.

Remember – ask if your job is on a union contract. Your Pension and Health & Welfare can only be contributed on your behalf by being on a union contract. Get involved!!