

Ask Mike

By Local 10-208 Member Michael I. Goode



Hello again. Last month we talked briefly about what stage fright is and some ways to identify what stage fright is and isn't. This month we will take more Q & A on how to solve it. I used to have stage fright really badly five and a half years ago, and I decided then after a bad experience with it in performing that I either had to solve it or get out of the music performing business. I decided to solve it and that's why I did my graduate research at the University of Chicago studying hundreds of players and using my teachers from the Chicago Symphony, Herseth, Jacobs, and Scarlett as models on how not to have stage fright and why.

So here goes this month's Q & A:

Q. Man, I read your first column and my stage fright is so bad, I get nervous even in the practice room trying to get ready six weeks before the gig! What's this about and where do I start to fix this?

A. What this is about is that you've got so much bad program-

ming in your head that it is messing up your body's responses to playing. So much so that even thinking about the gig makes you way nervous even in the practice room.

You can start by sitting down next time right before you play and write down for 5-10 seconds every thought in your head word-for-word and then read them out loud to yourself. You will be shocked at all the stupid and horrible stuff you say to yourself in your mind that you would never say to someone you loved or liked! I got this from Don Greene, PhD who was a consultant on my book.

I discovered in my research that the brain and our thoughts control everything we do with our body. This is why Zen masters and other spiritual practitioners have been known to do amazing physical feats. Great athletes and great performers use mind over matter like this all the time even if they don't realize it. It's called "being in the zone." On the negative side, like you are experiencing and I experienced and realized in my research, negative thoughts about yourself have the opposite effect of the mind-over-matter positive ones, that is, you perform worse and everything falls apart. It's an awful experience.

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 All replies are confidential and names will not be published. © 2005 Michael I. Goode.

Valuable Violin and Bow Stolen

A Sanctus Seraphin violin and Francois Tourte bow were stolen from the car of a Los Angeles music student on April 17 from the parking lot in front of Pavilions grocery store in West Hills, California. The violin and bow were lent by philanthropist and Local 47 member Peter Mandell.

The violin, worth over \$350,000, has an original Sanctus Seraphin label dated 1742. The certificate of authenticity issued September 14, 1994 by Bein and Fushi describes it thusly: the table is made from two pieces of spruce with narrow grain broadening slightly toward the flanks. The back is made from two pieces of attractively-figured quarter-cut birdseye maple. The original scroll and ribs are of similar stock. The varnish is reddish brown. The \$160,000 bow is described in the certificate of William Hill and Sons thusly: the round stick is of Pernambuco and is of a red brown color. Ivory and ebony faces are fitted. The

nut is of tortoiseshell. It is fitted with pearl eyes and rings, and has the usual ebony divider. The gold bottom slide is not original. The adjuster is of gold and mother of pearl.

Music student Lindsay Deutsch, 20, said that without the violin, "my dreams of becoming a solo violinist are down the tubes. I moved to California six years ago in order to study violin - my whole family moved here - so it's very important to recover it. I have lots of important engagements this summer, so until I either find this or get another violin, all of my engagements for summer are gone."

Editor's note: As the *Overture* went to press, we were pleased to learn that both the violin and the bow were found and recovered in their case by a man walking his dog at a location not far from the lot where the crime took place.

L.A. Master Chorale Concludes 41st Season

To conclude its 41st Season, the Los Angeles Master Chorale joins forces for the second time in two seasons with one of L.A.'s cultural treasures - the renowned Luckman Jazz Orchestra - on Sunday, May 22, 7 p.m., at the Walt Disney Concert Hall. The program, entitled "recharge," features the music of jazz greats Duke Ellington and Mary Lou Williams. "Listen Up!" - a pre-concert talk with Chorale Music Director and Local 47 member Grant Gershon and Luckman's conductor James Newton - will be held in BP Hall at 6 p.m.

Gershon explains, "Building on the overwhelming audience response and artistic synergy of our collaboration this past season on the Duke Ellington *Sacred Concert* program, we're very pleased to welcome back James Newton and the Luckman Jazz Orchestra for a grand celebration of jazz and the Spirit." Conductors Newton and Gershon share the podium for this production, unifying their diverse cultural forces, as they did in their previous collaboration.

The Luckman Jazz Orchestra, the resident orchestra at the Harriet & Charles Luckman Fine Arts Complex at California State University, Los Angeles, was founded by the complex's Executive Director, Clifford Harper. This cutting-edge big band features some of the finest professional jazz musicians in Los Angeles, and with each concert since its debut in 2001, continues to take risks and reach new heights under conductor James Newton.

The Grammy-nominated Los Angeles Master Chorale, a resident company of the Music Center has been cited as a national leader for its innovative and dynamic programming. *Los Angeles Times* proclaims the Los Angeles Master Chorale "has become the most exciting chorus in the country under Grant Gershon." Variety states, "Ellington would have killed for a chorus the caliber of the Master Chorale."

For more information, please call (800) 787-5262 or visit the website www.lamc.org.


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