

crescendo

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TORONTO MUSICIANS' ASSOCIATION

LOCAL 149 • A.F. of M.

WINTER 2006  
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TREASURER'S REPORT

The preliminary financial results for the year ended December 31, 2005 show a revenue deterioration of around \$54,000, and an increase in expenses of around \$29,000, for an overall loss of about \$81,000. Total unadjusted revenues for 2005 were \$1,349,255, and 2005 unadjusted expenditures were \$1,443,731.

These preliminary results do **not** take into account year-end adjustments which, on the revenue side, include Deferred Revenue primarily made up of Membership Dues and 2005 Work Dues, which the Auditors permit to be taken into revenue even when received during January. Preliminary revenue results could be understated, if past history holds, by upwards of \$80,000.

The year has seen some additional expenditures. Salaries are higher by \$20,000 or about 3.8% over 2004, while General and Administration expenses are higher by around \$19,000 increasing to around \$42,000 after *See the Music* revenues and expenditures are netted out. Accordingly, compared with 2004, when preliminary General and Administration was \$417,500, the comparable 2005 figure, subject to year-end adjustments, could be as high as \$459,000.

Thus we could experience a loss for the year ended December 2005 in the vicinity of \$20,000. On the revenue side, Work Dues are down by more than 9%. On the Expenditure side, the TMA is now absorbing some \$18,000 in dues to the AFM — about \$6 per member. This rises to \$8 per member in 2006, for a cost of around \$24,000. There has been an \$8,000 increase in costs associated with the Board of Directors, a \$6,000 increase in travel costs (in part owing to the 2005 AFM Conference), and a \$25,000 increase in Public Relations costs, owing to the extensive support provided by the TMA in support of the “Boycott Blueman” activities. These were offset by a decrease in Fax and Telephone expenses of \$4,000, and a decrease in Legal and Collection fees of \$18,000.

As always, consideration will need to be given to ways of increasing revenues and controlling costs over the next year (and beyond), to ensure the long-term financial viability of the Toronto Musicians’ Association. Your input is always welcome.

Tom Robins—Treasurer

SENIOR BUSINESS REPRESENTATIVE'S REPORT

**2006: A New Year, New Opportunities, a New Board of Directors, and the work continues.** March 23, 2006, opening night of *The Lord of the Rings*, promises to be an auspicious date for the revitalization of large-scale commercial theatre in Toronto. There is no question that the drastic downturn in tourism that Toronto suffered in 2003 and 2004 — which precipitated the premature closing of the excellent productions *The Producers* and *Hairspray* — had the effect of discouraging producers from mounting open-ended commercial productions in



The TMA booth at the Toronto Music Expo (TMX).

Toronto. With the opening of *The Lord of the Rings* at the Princess of Wales Theatre, Toronto hosts the world premier of the most elaborate and expensive commercial theatre production ever produced. Here’s hoping it’s a wonderful production, that audiences line up to buy tickets, and that Musical Director Rick Fox, Contractor Jim Spragg and the 18-musician orchestra has work for years to come. As we know from the past, successful productions encourage new productions.

The Four Seasons Centre for the Performing Arts — the new performance home for the Canadian Opera Company and the National Ballet of Canada — is nearing completion. The guaranteed services for the Opera and Ballet orchestras are increased by 20% beginning with the 2006/2007 season. Among the many wonderful advantages for performers and the audience is an orchestra pit which will not only enhance the sound of the orchestra, but also permits the audience to see the musicians.

The federal government needs to be reminded of their responsibility to adequately fund arts and culture. Nowhere in the world can an opera company, ballet company, or symphony orchestra exist on box office revenues without the addition of significant funding. The Four Seasons Centre will attract audiences, significant spending, and tax dollars.

Thank you to Russ Little for accepting appointment as Acting President of the TMA. I look forward to working with the new Board and Executive, and I am very pleased that Executive Director, Bill Skolnik is now on the Board.

The first of what I hope will become an annual Toronto Music Expo (TMX) was held on November 19 and 20 at the Metro Toronto Convention Centre, produced by Dynamic Publishing & Events Management (a division of Metroland, Torstar Media). Congratulations to Show Director Duncan Fletcher and his staff for producing an excellent inaugural music-industry trade show. The TMA was an Event Sponsor and, with the assistance of the AFM and the Music Performance Fund, True North Brass and the Anne Lindsay Band were contracted for the Convention Centre Lobby Stage. The Bill King Band, Ildana, The Marble Index, Roses in the Snow, the Ken Whiteley Band, Jeff Healey’s Jazz Wizards, Groove Yard and Kittie were all contracted by the TMA to perform as part of the trade show. In addition,

the TMA, in partnership with SOCAN, produced a seminar workshop entitled *Knowing Your Publishing and Performing Rights*, with panelists TMA Executive Director Bill Skolnik; SOCAN Director of Member Relations Dan Kershaw; AFM Director of Freelance Services Paul Sharpe; Neighbouring Rights Collective of Canada Executive Director Diana Barry; and Canadian Musical Reproduction Rights Agency Manager of Licensing Aidyl Villafior.

The TMA’s sponsorship involvement with TMX gave Local 149, our members, and the AFM wonderful public exposure on the TMX website, in the Official Show Guide, in the Toronto Star and Eye Weekly advertisements, and throughout the trade show at the performance stages and our booth. We received incredible financial support from the AFM and the Music Performance Fund. Special thanks to Dick Gabriel, Assistant to the President — Special Projects, who flew from Los Angeles to assist us with this venture, and to Courtney Byron, Madeleine Skoggard and Liana White for their assistance with the booth and the bands. AFM Director of Freelance Services, Paul Sharpe and TMA Executive Director, Bill Skolnik did an incredible job organizing our participation, booking the bands, working at the booth, and coming up with the money. And thank you to the 48 fabulous musicians who agreed to support the TMA with their talent, working for scale.

Jim Biros—Senior Business Representative

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2006 1ST  
 QUARTER DUES  
 REMINDER

DEC. 31 2005 - MARCH 31 2006  
 \$58.75  
 Pay by March 31/06 to avoid a reinstatement fee.

DRAFT MINUTES

TORONTO MUSICIANS’  
 ASSOCIATION —  
 GENERAL MEETING  
 OFL AUDITORIUM  
 SUNDAY, DECEMBER 4, 2005  
 11:00 a.m.

The meeting was called to order by President Galloway at 11:05 a.m.

Vice President Spaulding conducted the Roll Call of Officers. Present were Galloway, Spaulding, Robins, Macmillan, Jarvis, Hopkings, Barrett, Radford and Forrester.

Adoption of the Minutes of the General Meeting, Oct. 3, 2005 as published in the Fall 2005 issue of *Crescendo*.

1. MOTION: M/S (Macmillan/Hopkings): “that the Minutes of the Toronto Musicians’ Association General Meeting, October 3, 2005, as published in the Fall 2005 issue of *Crescendo* be approved.”  
 CARRIED

The President’s Report to the members was presented by Galloway

2. MOTION: M/S (Galloway/Spaulding) “that the President’s Report be adopted.”  
 CARRIED

The Secretary’s Report was presented by Secretary Macmillan

3. MOTION: M/S (Macmillan/Barrett) “that the Secretary’s Report be adopted.”  
 CARRIED

The Treasurer’s Report for the first 10 months of the current fiscal year 2005 was presented by Treasurer Robins.

4. MOTION: M/S (Robins/Boehmer) “that the Treasurer’s Report be adopted.”  
 CARRIED

The Executive Director’s Report to the members was given by Executive Director Bill Skolnik.

5. MOTION: M/S (Skolnik/Grossman) “that the Executive Director’s Report be adopted.”  
 CARRIED

The swearing in of the Board of Directors for the term of office 2006-2008 now took place. Vice-President for Canada Bobby Herriot was in attendance at the meeting and conducted the taking of the oath of office as prescribed in Art. 68 of the Association’s By-Laws. The Directors elected to the new Board who were present for the occasion were: Neil Spaulding, Jamie Hopkings, Allan Macmillan, Tom Robins, Kevin Barrett, Lionel Dean Jarvis, Gabriel Radford, Chris Sharpe, Linda Cara, Andy Morris and Bill Skolnik.

6. Committee Reports:  
 a. Death Benefit Committee (Spaulding — Chair).  
 (The Report of the Death Benefit Committee was published in the Spring 2005 issue of *Crescendo*). Vice President-elect and member of the Committee Jamie Hopkings presented a summary of the main points of the proposal. The Committee is asking that members respond with their opinions as to the merits, or otherwise of the proposal. The Board of Directors will be guided by these expressions of opinion in deciding whether to recommend to the membership the establishment of a financial assistance program as outlined in the Committee Report.  
 b. MPF Committee (Boehmer/Pelletier — Co-Chairs).  
 Maria Pelletier presented a brief report on current mat-

TMA  
 OFFICE HOURS

9:30 a.m. to 4:45 p.m. Monday through Thursday  
 9:30 a.m. to 1:00 p.m. Friday

**PLEASE NOTE:**  
 The TMA office will be closed on the following dates: April 14, 2006 (Good Friday); April 17, 2006 (Easter Monday); and May 22, 2006 (Victoria Day).

ters, including the MPF Scholarship funding initiative available to qualifying music students. Applications are to close March 1, 2006.

c. Public Relations Committee (Forrester — Chair).  
 Doriann Forrester presented an update on current and upcoming events involving the PR Committee. She expressed the hope that a modest increase in funding for the Committee’s activities might result from the recent saving of the costs of conducting a formal election.

7. Nomination and election of delegates to the Canadian Conference, August 2006 in Kitchener, Ontario was now conducted. Elizabeth Macmillan placed the names of Neil Spaulding, a delegate by virtue of his office as incoming President, Bill Skolnik and Kevin Barrett as first and second delegates, and Jim Biros as alternate delegate. There were no other nominations. A single ballot was cast by member Bobby Herriot declaring in favour of the persons nominated. President Galloway thereupon declared the nominees to be duly elected and the election proceedings properly conducted and concluded in accordance with the requirements of the United States Department of Labor.

8. President Galloway announced that member Johnny Cowell was the current recipient of the Toronto Musicians’ Association Lifetime Achievement Award. Galloway read exerpts from the lengthy curriculum vitae of Johnny Cowell’s many and distinguished accomplishments during a long Canadian and international career as a professional musician — long-time TSO trumpeter extraordinaire, composer and songwriter, multi-faceted business entrepreneur, etc. Member Cowell thanked the membership for this heartfelt tribute and accepted a framed plaque commemorating the award. The members present responded with a sustained standing ovation.

9. A special presentation was then conducted by Vice President Spaulding to commemorate President Galloway’s impending retirement from the Board of Directors at the end of 2005. Spaulding paid tribute to Galloway’s exemplary service to the Association extending over the past 19 consecutive years, as a member of 8 different Boards of Directors, as Vice President, and as President since January 2000. The special gift in appreciation for her contributions to the welfare of the Association consists of an expenses-paid, 3-day/3-night Jazz Junket trip to New York City at a time of her choice during the period January through March 2006. Funding was made possible through a modest grant authorized by the Board of Directors on behalf of the entire membership, and by individual donations from staff and Board colleagues. The members honoured President Galloway with a standing ovation.

10. New Business. There was no new business for the meeting to consider.

11. Presentation of cards/pins for:  
**25 Years Membership**  
 Glenn Anderson  
 Doriann Forrester  
 The members stood in silence in remembrance of recently deceased members:  
 Lawrence Miles Douglas  
 Brian Harris  
 Stanley E. Wood

12. MOTION: (Macmillan) “that the Meeting be adjourned.”  
 The meeting adjourned at 12:45 p.m.

TRUST FUND REPORT

All MPF funds for Local 149 have been allocated for the current fiscal year ending April 30, 2006. Funds have already been set aside for performances that will be occurring throughout the balance of the fiscal year. We will start accepting requests for the new fiscal year on March 1, 2006.

**Scholarship Deadline**  
 We would like to remind TMA members and teachers about the availability of the Music Performance Fund Scholarship

for students planning to major in music performance or music education with a minor on an instrument (Voice students are not eligible). Two scholarships of \$500 each are available. All applications should be delivered to the TMA Office by March 1, 2006. Call the MPF Committee at ext. 230 for more details and application forms.

**MPF Sponsorship Announcement**

All musicians are required to make the following announcement during performances with MPF co-funding. This is a great opportunity to let your audience know that they are listening to professional musicians and that the performance is being co-funded by a secondary source:

“The music for this performance is funded by the Recording Industries Music Performance Fund and \_\_\_\_\_ (co-sponsor), in cooperation with Local 149, Toronto, American Federation of Musicians.”

*MPF Committee—Maria Pelletier & Jay Boehmer*

NOTEWORTHY

**Canadian Jazz Archives Network**

In recent years, major jazz-related collections have been lost to researchers who wish to look into this invaluable cultural heritage. Recognizing this loss, a group of dedicated jazz fans and musicians has recently established a formal vehicle for collecting and preserving all jazz related material. Known as the Canadian Jazz Archives Network (CJAN), the group is working with the York University Library and will play an important role in networking, promoting, and reaching out to the jazz community at large. This will include all individuals, researchers, collectors and organizations.

The York/CJAN collection will be easily accessible to the general public and will include music on disc, tape, piano rolls — or any other electric/electronic medium; plus published music, band arrangements, books, periodicals, catalogues, manuscripts, personal scrapbooks, correspondence, photographs and all ephemera that would assist research into jazz music and related cultural events. CJAN’s purpose is to collect and save this material in the already well-established music library and archives at York University.

For further information, see the web site at [www.yorku.ca/cjan](http://www.yorku.ca/cjan) or contact Rob van der Blik at 416-736-2100 ext. 33694 (e-mail: [bliek@yorku.ca](mailto:bliek@yorku.ca)), or Ken Crooke at 416-481-8140 (e-mail: [khcrooke@rogers.com](mailto:khcrooke@rogers.com)).

**Festival of Brass**

The innovative Hannaford Street Silver Band presents its 3rd Annual four-concert FESTIVAL OF BRASS during the weekend of Friday, March 10 through Sunday afternoon, March 12, 2006 under the distinguished baton of guest conductor Elgar Howarth at the Jane Mallett Theatre, St. Lawrence Centre.

RISING STARS — FRIDAY, MARCH 10 at 8:00 PM:

To encourage young musicians, the HSSB is a proud sponsor of the Hannaford Street Youth Band, conducted by Youth Education Director, Larry Shields. Members of this vibrant ensemble will perform in the Young Artist Competition for the opportunity to be a soloist with the HSSB. Larry Shields will also conduct the newly-formed Hannaford Junior Band. This opening concert of the Festival also includes Oakville’s Intrada Brass with Music Director Bram Gregson.

COMMUNITY SHOWCASE — SATURDAY, MARCH 11 from 10:00 AM to 5:00 PM:

As part of the HSSB’s continuing mandate to provide education and community outreach, it has pleasure in presenting: the Metropolitan Silver Band, conductor Fran Harvey; Weston Silver Band, conductor Larry Shields; Whitby Brass Band, conductor Roland Hill; Orillia Silver Band, conductor Jim Ferris; and the Buffalo Silver Band, conductor Pam Liebmann performing a variety of 45-minute concerts during the day, led by Larry Shields, assisted by Elgar Howarth.

COLLABORATIONS — SATURDAY, MARCH 11 at 8:00 PM:

This unique concert event combines dedicated musicians from the bands participating in the Festival, all under the batons of guest Elgar Howarth and the HSSB’s resident

February MPF Performances

(As of February 1, 2006)

Date	Co-Sponsor	Leader
01-Feb-06	Pierre Laporte School (Mariposa)	Backo, Njacko
01-Feb-06	Briton House	Petroff, Shaya (2)*
01-Feb-06	Pierre Laporte School (Mariposa)	Backo, Njacko
02-Feb-06	Willowbrook PS (TSO Preludes)	Wall, Leonie (3)
02-Feb-06	York Region District School Board	De Domenico, Mark
02-Feb-06	Beechwood Place	Petroff, Shaya (2)
03-Feb-06	Lorne Park Public School (TSO)	Wolfe, Gordon (3)
03-Feb-06	Stanley Public School (TSO)	Lipchak, Susan
03-Feb-06	Victoria Park E.S. (TSO)	Wall, Leonie (3)
03-Feb-06	Garden Avenue Public School (TSO)	Wall, Leonie
03-Feb-06	Northern Lights P.S. (TSO)	Wallenberg, Jim
06-Feb-06	St. Bonaventure Catholic School (TSO)	Nikonov, Sergei
06-Feb-06	St. Cyril Catholic School (TSO)	Dai, Jin-Shan
06-Feb-06	Annunciation Catholic School (TSO)	Dawson, Tim
06-Feb-06	Victoria Park E.S. (TSO)	Gelinas, Marie
06-Feb-06	Bialik Hebrew Day School (TSO)	Gongos, Christopher
06-Feb-06	Armour Heights P.S. (TSO)	Wall, Leonie (3)
08-Feb-06	Manor Montessori	Graf, Len
09-Feb-06	Associated Hebrew School (TSO)	Budd, Ruth (2)
09-Feb-06	Associated Hebrew School (TSO)	Budd, Ruth (2)
09-Feb-06	Manor Montessori	Graf, Len
09-Feb-06	Elia Middle School (Mariposa)	Backo, Njacko
10-Feb-06	Garden Avenue Public School (TSO)	Wall, Leonie
10-Feb-06	Keswick PS (Mariposa)	Russell, Bill
10-Feb-06	Stanley Public School (TSO)	Lipchak, Susan
10-Feb-06	Northern Lights Public School (TSO)	Wallenberg, Jim
10-Feb-06	Father Serra Catholic School (TSO)	Kuehn, Don
10-Feb-06	Keswick PS (Mariposa)	Lederman, Anne
10-Feb-06	Bialik Hebrew Day School (TSO)	Dai, Jin-Sha (2)
12-Feb-06	Scarborough Civic Centre	Falconi, Gino (11)
13-Feb-06	Rotherglen School	Gongos, Christopher
13-Feb-06	St. Bonaventure Catholic School (TSO)	Nikonov, Sergei
13-Feb-06	St. Cyril Catholic School (TSO)	Dai, Jin-Shan
13-Feb-06	Terry Fox Public School (TSO)	Bourque, David
13-Feb-06	Associated Hebrew School (TSO)	Wolfe, Gordon (3)
13-Feb-06	Rotherglen School	Gongos, Christopher
13-Feb-06	Annunciation Catholic School (TSO)	Dawson, Tim
13-Feb-06	Victoria Park E.S. (TSO)	Gelinas, Marie
13-Feb-06	Villa Leonardo Gambin.	Pupulin, Neal
13-Feb-06	Associated Hebrew School (TSO)	Wolfe, Gordon (3)
14-Feb-06	Belmont House	Petroff, Shaya (2)
14-Feb-06	Bridlewood PL (Mariposa)	Backo, Njacko
14-Feb-06	Newmarket Health Centre	Pupulin, Neal
16-Feb-06	Royal Canadian Legion #527	Pooley, Dave
20-Feb-06	Annunciation Catholic School (TSO)	Dawson, Tim
23-Feb-06	Victoria Park E.S (TSO)	Gelinas, Marie
23-Feb-06	Upper Canada College (Mariposa)	Rawlings, Chris
23-Feb-06	Garden Avenue Public School (TSO)	Wall, Leonie
23-Feb-06	Plowman’s Park PS (TSO)	Jordan, Joanna (2)
23-Feb-06	Terry Fox Public School (TSO)	Bourque, David
23-Feb-06	Upper Canada College (Mariposa)	Lederman, Anne
23-Feb-06	St. Bonaventure Catholic School (TSO)	Nikonov, Sergei
24-Feb-06	Shepherd Village.	Ivonoffski, Voltr
24-Feb-06	St. Cyril Catholic School (TSO)	Dai, Jin-Shan
24-Feb-06	Stanley Public School (TSO)	Lipchak, Susan
24-Feb-06	Northern Lights Public School (TSO)	Wallenberg, Jim
24-Feb-06	Tall Pine Montessori School (TSO)	Jordan, Joanna (2)
24-Feb-06	Father Serra Catholic School (TSO)	Kuehn, Don
28-Feb-06	Regent Heights P. S. (TSO)	Budd, Ruth (2)

\* indicates number of performers

USE THE TMA HOTLINE

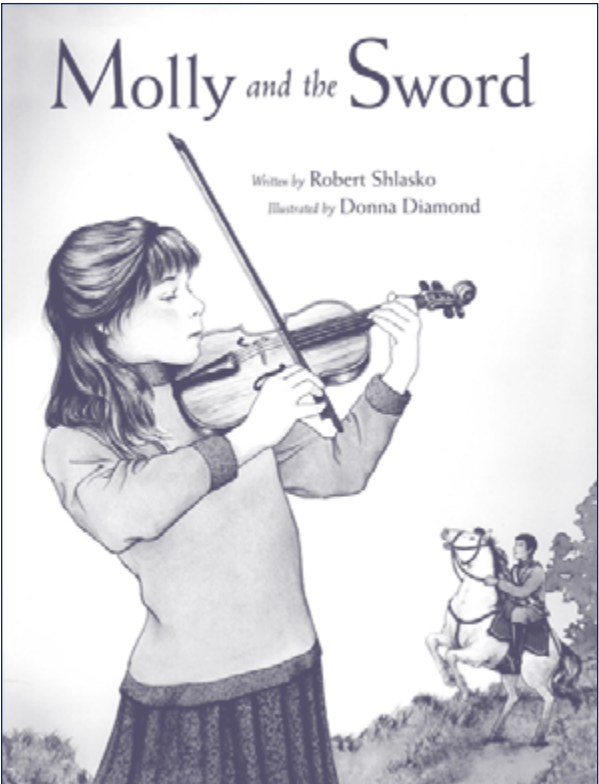
Members who wish to alert the office of any problems or suspected abuses they anticipate, or describe conditions that cause them worry, can now call a telephone number that will be answered only by a voice messaging system. Give us the date of the session or live gig — either upcoming or past. We can then check if all is in order and if payment and pension contribution obligations have been met.

Callers will be encouraged to remain anonymous, thereby insuring confidentiality.

This system is already in place in New York, Montreal and Vancouver. It has proved to be extremely effective in reporting incidents and curbing abuses of the contracted regulations. We are very hopeful that the same success can be repeated in Toronto.

THE NUMBER IS: 416-421-8593 PLEASE USE IT!





Performance Anxiety is the topic of an excellent children’s book by Robert Shlasko called *Molly and the Sword*. Highly recommended for budding musicians 6 and up, the book follows a young violinist who is invited to play at “the most famous music hall in the world” and experiences a bad case of performance anxiety until she is mystically reminded of the inner courage that she had previously demonstrated. The book is available at the gift shops of the Metropolitan Opera, Kennedy Centre and Roy Thomson Hall, or direct from the publisher at [www.janeandstreet.com](http://www.janeandstreet.com)

conductor and Artistic Director, Curtis Metcalf. Ten members of the HSSB will give a special tribute to The Philip Jones Brass Ensemble which had a huge impact on brass chamber music and was founded by Maestro Howarth. The HSSB is again delighted to welcome Ottawa’s Maple Leaf Brass Band with conductor David Druce for a return engagement, performing selections from their repertoire of popular classics and marches. The audience is invited to join the HSSB, all the participating bands and guest conductor Elgar Howarth for a post-concert reception in the lobby of the Jane Mallet Theatre.

**SLIDE SHOW — SUNDAY, MARCH 12 at 3:00 PM:**  
On Sunday morning, the HSSB will hold an open rehearsal from 10:00 AM to 12 Noon. At 2:15, the HSSB’s co-founder and Executive Director Ray Tizzard will give a pre-concert chat with guest conductor Elgar Howarth in the lobby of the Jane Mallet Theatre. Slide Show is the exciting finale to the Festival, led by guest conductor Elgar Howarth. The HSSB will treat the audience to performances of Howarth’s Mosaic, Wilfred Heaton’s Contest Music, Malcolm Arnold’s Fantasy for Brass Band and many more brass band show-pieces. The HSSB is honored to welcome the Principal Trombone of the New York Philharmonic, Joe Alessi, who will perform Joseph Turrin’s Illuminations. The featured performance is the world première of a new work for brass band by Canadian composer Barbara Croall. It was commissioned by the HSSB with the generous support of the Ontario Arts Council. Learn more about the Hannaford Street Silver Band on the web at: [www.hssb.ca](http://www.hssb.ca)

Tickets: St. Lawrence Centre Box Office, 27 Front St. East 416-366-7723 or 1-800-708-6754. On-line Orders at [www.stlc.com](http://www.stlc.com).

P2 Update

The TMA continues to follow this issue for members. Please call Bill Skolnik at ext. 235 or e-mail [bskolnik@torontomusicians.org](mailto:bskolnik@torontomusicians.org) for the most recent information. Thank you to those members who took the time to send in details of their experiences. These are most helpful in showing our elected representatives specific instances in which our members experienced income loss.

DEALING WITH PERFORMANCE ANXIETY  
An interview with John Ardagh

John Ardagh, M.A., Clinical Member, OSP, is a practicing psychotherapist in Toronto who specializes in the understanding and treatment of performance anxiety and how to function well in a high-stress environment. Before training as a therapist, he worked for 25 years as a professional musician in Toronto. The Artists’ Health Centre Foundation asked John to talk to us about performance anxiety and nerves.

**AHCF:** *How common is performance anxiety or performance nerves?*  
**JA:** Performance anxiety is very common in the performing arts — it knows no boundaries and affects even experienced, high-profile performers. It is the result of the “fight or flight” syndrome that we have inherited genetically from our ancient ancestors to deal with life-threatening situations. In our society there is very little that is truly life-threatening, but we perceive performance situations as life or death, and therefore suffer from the physiological responses that result from this perception.

**AHCF:** *What kind of symptoms can be the result of nerves?*  
**JA:** Symptoms are extremely varied and often very individual. They can include a pounding heart and faster pulse rate, altered circulation patterns, nausea or vomiting, desire to eliminate whatever food is left in the digestive system, physical shaking, loss of fine motor control, dry mouth, and hyper vigilance (which is a state of unusually high awareness).

**AHCF:** *What is actually happening physiologically or psychologically to bring on these symptoms?*  
**JA:** The fight or flight response is designed to ensure survival in a dangerous situation. Fine motor control is significantly reduced but the large muscle groups have a greater blood flow and will work at peak efficiency. The body needs to be lighter and the digestive process takes energy so the urge to eliminate or vomit is the result. Blood pressure and heart rate are increased while circulation patterns are altered so that blood flow moves from the surface of the body to the interior, especially to internal organs and the large muscle groups. This helps to reduce the danger of bleeding in the case of a surface injury and ensures that body temperature is maintained. The increased heart rate and blood pressure ensure that more oxygen is released to provide more sustained energy to muscles.

Hyper vigilance is a response to danger that results in a high state of awareness in the moment of danger. This can surprise or shock an unprepared performer because they will hear/see/feel things in performance that they were previously unaware of. There is also a high state of emotional arousal, which means that whatever state the performer is in will be increased and amplified. This can include feelings of sadness and depression, which can be very high in performance or the time leading up to it.

**AHCF:** *What can a performer do to overcome or effectively deal with performance nerves?*  
**JA:** There are many ways to manage performance anxiety. A healthy, strong body is crucial, both for dealing with the rigorous demands of working as a performer, and to allow a more relaxed response in stressful situations. A healthy, balanced diet is important — what is taken into the body has both short and long term effects. Stimulants such as caffeine, nicotine, alcohol, and sugar exacerbate performance anxiety and should be avoided. Both aerobic and strength training will help the body handle the rigours of performing. There are many varieties of meditative disciplines that help to calm the mind and to gain greater control of breathing patterns and circulatory systems.

Performance stress often brings a performer face to face with their “shadow” — the part of their psyche that does not want to be known consciously but nevertheless is having impact. To minimize the effect of this “shadow” on anxiety and nerves, the performer must come face to face with him/herself and be honest about their weaknesses and fears. A trained mental health care professional can help in this process, and can also help to alter perceptions about performance situations, which will ultimately reduce anxiety and nervousness.

Solid preparation in what you are performing always increases confidence and reduces anxiety. Visualization of the complete performance with a successful end result is a wonderful way to prepare. It also helps to practice performing. The more you do it the easier it will become. Set up mock performances with family and friends and/or set up performances in places of increasing difficulty doing the same or similar programs.

**AHCF:** *Can you eliminate performance anxiety?*  
**JA:** The more you do difficult things, the better you get at doing difficult things. While some individuals may almost or completely eradicate the symptoms, it is much more likely that with practice and working with the emotional, mental and physical aspects, performance anxiety can be reduced to a manageable level. The best possible result is to take the extra energy that is created by the fear and nervousness, and transform it into a dynamic, exciting performance!

*The preceding article comes from Artists’ Health Centre Foundation (AHCF). The AHCF — whose Board of Directors, and Committees include TMA members — supports the work of the Al and Malka Green Artists’ Health Centre (AHC) at Toronto Western Hospital, and in addition, is involved in outreach, education, and prevention services for the over 20,000 professional artists who live in the Toronto area. Their mandate is to raise the standard of health care, educational resources, and quality of life for artists, both locally and nationally. To contact the Foundation call 416-351-0239, or e-mail [info@ahcf.ca](mailto:info@ahcf.ca).*



The Anne Lindsay Band performed in the Convention Centre lobby at the Toronto Music Expo. Their appearance was made possible with assistance from the AFM and the Music Performance Fund.

PAUL SHARPE

# LIFETIME ACHIEVEMENT AWARD GOES TO JOHNNY COWELL

At the December 4, 2005 General Meeting, composer, arranger and trumpet player Johnny Cowell was honoured with the presentation of the TMA's Lifetime Achievement Award. Though Johnny's *curriculum vitae* fills pages with impressive accomplishments and awards, the **Lifetime Achievement Award** is special in that it recognizes an entire lifetime's worth of outstanding work in music.

Johnny seems to have had plans for a lifetime in music as early as 1932, when at age 6, he performed his first trumpet solo. He went on to become the youngest member of the Toronto Symphony Band, at age 15. After WWII, and his service with the Royal Canadian Navy Band, Johnny's pursued his interest in composition, winning a scholarship in composition from the Royal Conservatory. This led to a second, parallel career as a highly successful composer. Career highlights include international hit songs such as *Walk Hand in Hand* and *Our Winter Love*, recordings of his compositions by such luminaries as Vera Lynn, Chet Atkins, Lawrence Welk, Andy Williams, The Guess Who, and others, as well as prestigious commissions, such as a fanfare for Governor General Jeanne Sauve in 1984, and for Her Majesty The Queen at the opening of the Metro Convention Centre. But Johnny never put down his trumpet, and in fact his association with the Toronto Symphony lasted more than 50 years. His most recent recording — *The Art of Johnny Cowell: Virtuoso Trumpet Gems* — contains performances as recent as 1996.

At the presentation, President Rosemary Galloway read Johnny's astonishing list of achievements to an appreciative audience. In his acceptance speech, Johnny noted that he'd been a member of the TMA for 63 years — yet another impressive achievement.



# TMA SPECIAL RECOGNITION AWARD TO EUGENE AMARO

At a Benefit Event held at the Montreal Bistro on December 12, 2005 for TMA member Eugene Amaro, a host of our fabulous jazz instrumentalists and vocalists performed for this unique occasion. Eugene and his extended family were there for dinner and to enjoy the musical proceedings.

Secretary Allan Macmillan spoke briefly in tribute to member Amaro, saying "The Union is here (tonight) to acknowledge and pay tribute to a truly great musical personage and steadfast member of the TMA for well over 30 years. Many of you will remember the *Evening to Remember* event at the Royal York Hotel on November 11, 1993. There were 3 awards made that night: Musician of the Year Award to our member-band Rush, a TMA Musician of Distinction Award to Henry Cuesta, and a **Special Recognition Award** to Jerry Toth."

"The TMA similarly (wishes to) honour Eugene Amaro with a **Special Recognition Award**, to be presented to him one-on-one as soon as we can get the dang thing made up. (*Laughter and sustained applause*). Let me say personally what a pleasure it has been over all these years to listen to the Owl's magic on the tenor sax and other assorted woodwinds. For me, his stellar sax section work and solo performances on tenor saxophone embodied the very heartbeat of the Boss Brass. I recall very well the Direct-to-Disk recording sessions of Rob's gang at Nimbus 9 during the 70s. Wow, that was so cool. Eugene Amaro, Jerry Toth, Moe Koffman, Rick Wilkins, Gary Morgan. Now that was a sax section! That album is a collector's item today. On behalf of all the membership of the TMA, I salute you, Eugene, for a glorious life in music. The tenor sax never sounded better than when you were at the mic." (*Applause*)

# NOTICE TO MEMBERS

Following acceptance of the resignation of President-elect Neil Spaulding as of January 2, 2006, the Board of Directors at a Special Meeting of the Board on January 13, 2006 appointed Russ Little as Acting President in accordance with the provisions of By-Law Art. 65 (1) (b) for the interim period until the next general election, subject to confirmation by a simple majority of the members voting at the General Meeting of the Association on February 27, 2006.

Allan Macmillan—Secretary

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BRIAN BLAIN



Debi Sander Walker distributes *See The Music* at a recent Bridal Show.



A special presentation was made to outgoing TMA President Rosemary Galloway by Vice President Spaulding. He paid tribute to Galloway's exemplary service to the Association extending over the past 19 consecutive years, as a member of 8 different Boards of Directors, as Vice President, and as President since January 2000. The special gift in appreciation for her contributions to the welfare of the Association consists of an expense-paid 3-day/3-night Jazz Junket trip to New York City.

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- Accept bookings from Trawick Artists/Trawick Productions/Community Concerts
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- Accept an engagement from J. William Woloschuk. This gentleman specializes in church jobs, with orchestra and choir
- Audition for, or accept an engagement with Blue Man Group
- Talk to, or email a response to Mark Bosselman of the Film Musicians Secondary Markets Fund (FMSMF) or any other individual from that organization. They are at arms' length from the AFM. There is no obligation to provide any information. Please contact us, or Mark Johnson of AFM Canada (416-391-5161), if you need some guidance

If you have anything you believe should be on this list please give us a call.

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Interested individuals can contact Managing Editor Brian Blain by e-mail at: [brian@blain.com](mailto:brian@blain.com). Please include the words "*Crescendo* Ad Rep." in the e-mail subject line.

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Shannon Kelly  
Peter Khan  
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Peter Lesperance  
Russ Mackay

IN MEMORIAM

*We wish to convey our heartfelt condolences in acknowledging the recent passing of the following TMA members:*

**Lawrence Miles Douglas** (died Oct. 22, 2005; age 57) — *electric guitar, electric piano, MOR vocalist* — joined Jan. 3, 1990

**Julian Filanowski** (died January 17, 2006; age 78) — *accordion, tenor/alto/soprano saxophones, clarinet, flute & piccolo* — joined March 11, 1946 — Life Member, Past Director, Past Treasurer

**Brian Harris** (died November 9, 2005; age 64) — *piano & celeste* — joined January 10, 1964

**Stanley E. Wood** (died November 8, 2005; age 79) — *oboe, English horn* — joined March 11, 1946 — Life Member

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Please note Derra St. Denis' address was listed incorrectly under New Members in the previous *Crescendo*. New contact information is **Derra St. Denis**  
Tel: 416-690-4116  
E-mail: derra@derrastdenis.com or denis384@rogers.com  
Web: www.derrastdenis.com

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Kevin R. Clark  
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Trevor Yuile  
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LOCAL 149 • A.F. of M. WINTER 2006  
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EXECUTIVE DIRECTOR'S REPORT

This is article 4.2 of the CBC/AFM Agreement:

*The Corporation agrees that it will not purchase, lease, hire, or make use of, in any way, an advance recording which has been made in Canada, the United States of America, its territories or possessions unless such advance recording has been produced by a person, firm, or corporation which is a party to an AFM Agreement relating thereto and such use is thereby permitted.*

This article is one of the fundamental pillars of our agreement with the CBC. In effect, it states that all music for CBC programming that has music must be performed and recorded by musicians who are covered by an AFM agreement if the program is produced in Canada or the United States. It is the cornerstone of our Agreement.

In the period covering the last negotiation of this agreement, this particular article has been under siege. In 2004, a prominent member of our local alerted us to a situation. He had just finished performing for a well-known show and something did not sit right with respect to the contracting. This series had been on for years and yet for this season we could not find any CBC contracts for it. We contacted any CBC and they informed us that they

were no longer doing the series. It had been contracted out to a third party.

Nothing had changed with the show. It still had the same on-air personnel. The technical crew, who were CBC employees, were the same. The CBC had divested itself of “equity” in the show and claimed no responsibility for it. The good news is that after we contacted the new producers they were horrified at the neglect CBC had shown and immediately signed letters of adherence to the CBC agreement. The bad news is that CBC was totally uncooperative in helping us locate and contact the new producer, EVEN THOUGH THE PRODUCTION OFFICES WERE IN THE CBC BUILDING IN TORONTO AND THE PRODUCTION TELEPHONE NUMBER WAS A CBC NUMBER. They refused to assume any responsibility.

Recently I have heard from several composer/arrangers who are members. They have related to me instances where producers are not even shy about telling them there will be no AFM contract if they want the job. In some cases they are virtually told their compensation will be the performing royalties they receive from their SOCAN distribution.

Just last November I heard from a member in Montreal. Here are some excerpts from the text he sent me. I have left out names of the producer, program, episode name and service in order to protect the confidentiality of the person affected:

*I never signed contracts for musical performance. \*\*\*\*\* of CBC \*\*\*\*\* told me I would not have an AFM contract. Instead, CBC offered a package deal for my*

*composition and performance, in the case of \*\*\*\*\* , and I would pay for musicians myself, out of my fee.*

This person recorded at CBC studios. The product had foreign sales and multiple plays. The member was expected to look after the re-use fees and royalties for the band from the fee received in the package deal. This individual was, and still is, unable to obtain official distribution information from the CBC even though, through personal efforts and diligence, confirmation of broadcasts from foreign broadcasters and societies has been gathered.

The CBC Agreement is due (again) on March 31, 2006. As the CBC was with the Canadian Media Guild, we expect them to be very tough. We need your input.

All information including names and production information will remain strictly confidential. If you have any stories, anecdotal or otherwise, please get in touch with me at ext. 235, bskolnik@torontomusicians.org or with: Megan Thomas, ext. 227, mthomas@torontomusicians.org Jim Biros, ext. 237, jbiros@torontomusicians.org You can also contact us through the HOT LINE at 416-421-8593 and remain completely anonymous.

**Bill Skolnik—Executive Director**

SECRETARY'S REPORT

Here we are with a newly-minted Board of Directors. I would like to personally welcome new Directors Charlie Gray, Linda Gara, Andy Morris, Chris Sharpe, Bill Skolnik, and Acting President Russ Little to the Board and to extend my sincerest hope and expectation that all will have a unique and creative input to the work of the Board and its Committees in order to move the Association and the interests of all our members forward in the next three years.

The General Meetings of the Association for 2006 are set for Monday, February 27, and tentatively for Sunday, May 28 (the Annual General Meeting), Monday, October 16 and Sunday, December 3. The month dates are as mandated in the By-Laws, Art. 50 (1), but the Board is empowered to order a change if that should be deemed necessary. **Members are requested to notify the Secretary at once in the event that they have**

information that any of the three last-named dates may be in conflict with a Statutory Holiday or other customarily observed holiday event.

The coming year will present the Association and the Board of Directors with many challenges. Please check out the Treasurer's Report as well as the Executive Director and Sr. Business Rep. Reports for a crystal ball on all these important matters.

*Allan Macmillan—Secretary*

THANK YOU, COURTNEY

The Board of Directors would like to thank Courtney Byron, Field Services Rep., for his recent efforts in contacting TMA members whose membership has lapsed. Courtney has been very successful in encouraging former members to renew their TMA membership.

TORONTO MUSICIANS' ASSOCIATION  
GENERAL MEETING

**MONDAY, FEBRUARY 27, 2006 at 7:00 p.m.  
OFL AUDITORIUM, 15 GERVAIS DRIVE, TORONTO**  
**REFRESHMENTS (PIZZA/BEER) at 6:30 p.m.  
FREE PARKING**

Notice is hereby given that a General Meeting of the Toronto Musicians' Association will be held at the OFL Auditorium, 15 Gervais Drive, Toronto, Ontario on Monday, February 27, 2006 at 7:00 p.m. for the purposes as listed in the Agenda below and of transacting any other business as may properly come before the meeting or any adjournment or adjournments thereof.

**AGENDA:** Roll Call of Officers • Minutes of the December 4, 2005 General Meeting as published in the Winter 2006 issue of *Crescendo* for approval • Confirmation of Appointment of Russ Little as Acting President • President's Report • Secretary's Report • Treasurer's Report • Executive Director's Report • Committee Reports • Presentation of Cards to Life and Senior Members • Presentation of 25 yr. and 50 yr. pins • New Business • Commemoration of recently deceased Members • Adjournment

**Toronto Musicians' Association  
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