

Connecticut Songsmith

Newsletter of the Connecticut
Songwriters Association



October 2012
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Combining Arts,
Education, and
Community Outreach

1979-2012 : 33 Years of Combining Arts, Education, and Community Outreach

FALL EVENTS

Creative Process and Maximizing Creativity

Sat Sept 29: PRO WORKSHOP with world-class presenter Dr Eric Maisel, author of 35 books and leading authority on creative process. (see pg 3) **REGISTER NOW – TIME IS RUNNING OUT!**

Thu Sept 26: "8 Keys to Success in the Music Business", a nationally recognized presentation given by Bill Pere, at Digital Bear Studio, 1035 Cambridge St, Suite 17-B, Cambridge, MA.

Oct 15: Kay Pere presents "Your Creative Compass: How to Achieve Sustainable Creativity in a Busy Life". 7pm. Mystic Arts Center, 9 Water St, Mystic

Oct 29: Bill Pere presents: "Enhancing Creativity in Songwriting", 7pm Mystic Arts Association, 9 Water St, Mysti

Oct 19-21: Independent Music Conference, at the Musicians Institute in Hollywood. CSA has been a major sponsor of this important event since 2003

COMING NOVEMBER 13: PRO WORKSHOP and Pitch session with Paula Savastano of SSA Publishing from NY/Philly.



IMC 2012. L.A. – CSA will be there!

CRITIQUE SESSIONS

Following regular CSA programs, as time permits, there will be a critique session. To participate in the critique session, members may bring a song on CD (or do it live), with 20 copies of typed lyric sheets, and receive constructive feedback. Critique sessions are a good forum for works in progress or rough demos. For best feedback, note on your lyric sheets the intended genre and audience for your song, and what your goals are (i.e. picked up by a commercial artist, self-produce, etc.). The programs at most CSA monthly meetings, except for special workshops, are free to members, \$5 to non-members, applicable toward membership if you join within 30 days. Members are encouraged to bring a friend who might be interested in what CSA offers. .

CSA EVENT CALENDAR

(for complete listing see www.ctsongs.com)

Sept 26 - Workshop at Digital Bear in Boston

Sept 29 –PRO WORKSHOP with international Creativity Author Eric Maisel

Oct 15 - Creative Compass Presentation
Kay Pere at MAC in Mystic

Oct 19-21 IMC in Hollywood

Oct 29 – Bill Pere – Enhancing Songwriting Creativity at MAC in Mystic

Nov 13 - PRO WORKSHOP –
Pitching & Publishing with Paula Savastano
From NYC. Wesleyan University.

Dec 1 - LUNCH Holiday Show

Dec 4 - CSA meeting, Glastonbury with Les Julian

**Success comes from opportunity.
Opportunity comes from involvement.
Get involved!**

Guiding Artists Along the Path from Creation to Realization to Proliferation

CSA RHYTHM AND NEWS

The Sept 29 workshop is at the Mystic Workshop Space, 40 Washington St, Mystic.

The October workshops are at the Mystic Arts Center, 9 Water St, Mystic.

The Sept 26 workshop is at Digital Bear Studios, , 1035 Cambridge St, Suite 17-B, Cambridge, MA.

How to
Get There!

PLEASE NOTE: If you have any used printer ink cartridges, please bring them with you to the meeting. CSA can recycle them and receive a donation.

CSA NATIONAL OUTREACH – IMPORTANT ANNOUNCEMENT

CSA began in Connecticut and is focused in Connecticut, but we are a national organization with national outreach. Besides bringing nationally known speakers to our area, we also bring our programs to other parts of the U.S. We have members in many parts of the country and thus, it is important that we be able to present ourselves as a national organization. From now on, CSA will continue to be known in Connecticut as the Connecticut Songwriters Association, but outside of Connecticut, we will be known as "**The Connected Songwriters Association**", to emphasize that we are a nationally connected network of artists and industry professionals. Our Connecticut CSA logo will remain the same. Our national logo, designed for us by Noel Ramos, appears on the front page of this newsletter.

On September 26 we will be at Digital Bear Studios in Cambridge MA for a songwriting and music business presentation. Sept 26, 7pm, 1035 Cambridge St, Suite 17-B, Cambridge MA.

On October 19-21, we will be major presenters and sponsors at the Independent Music Conference (IMC) at the Musicians Institute in Hollywood. CSA has been at every IMC event since 2003, including Philadelphia, Dallas, West Virginia, Northampton, and Los Angeles.

www.imc2012.com

On Sept 29, our PRO WORKSHOP brings you a presenter of national and worldwide renown. By being part of the CSA community, you are part of a national network.

Two Creativity Workshops at the Mystic Arts Center 9 Water St, Mystic

Oct 15, 7pm: Kay Pere presents "Your Creative Compass: How to Achieve Sustainable Creativity in a Busy Life".

Oct 29, 7pm: Bill Pere presents "Techniques for Enhancing Creativity in Songwriting"

Saturday Sept 29 – The Day Your Life Can Change!

**SPEND A DAY WITH ONE THE
WORLD'S LEADING FIGURES IN
CREATIVITY RESEARCH AND
COACHING**



Dr. Eric Maisel, author of 35 books on all aspects of creativity, will be on hand to conduct a CSA PRO Workshop. Dr. Maisel teaches at the leading creativity institutes in the US and abroad, including Paris and Prague.

This CSA Creativity Workshop will be held on Saturday Sept 29, 1pm-5pm at the **Mystic Workshop/Performance Space, 40 Washington St, Mystic.** (Exit 90 off I-95, Rt 27 past Mystic Seaport, 1st rgt past the CVS) Registration (recommended in advance) is \$30 for CSA members, \$35 for non-members.

Some of Dr. Maisel's workshop topics include "Your Best Life in the Arts", "Bringing Meaning to Life", and Deep Writing workshops. All of these elements will be combined to address the specific needs of those who express and communicate through writing and performing music and song.

Some of Dr. Maisel's presentations look at unique challenges that writers face. His workshops are ideal for writers of every level of experience, from published authors to writers who have yet to begin. It is also ideal for writers who want to discover what they want to write, who are hoping to get back to a beloved project, or who are immersed in a current project.

YOUR BEST LIFE IN THE ARTS

Are you a novelist, painter, dancer, singer, songwriter, filmmaker, weaver, performance artist, poet or other creative or performing artist? If you are, you know exactly how many challenges confront you on a daily basis. You know how hard it is to make art, to find success in the marketplace, to manage your relationships, and to keep your spirits up as a working artist. You may even doubt that there are any good answers to these very real problems. Join Dr. Eric Maisel, America's foremost creativity coach and the author of more than 35 books including *Fearless Creating*, *Coaching the Artist Within*, and *The Van Gogh Blues*, and learn powerful answers that will give you the best chance to succeed artistically, emotionally and practically as an artist. Dr. Maisel has worked with thousands of artists in a wide variety of settings. Take this opportunity to learn how to create your best life in the arts.

**REGISTER NOW at www.ctsongs.com. Space is limited.
Advance registration is recommended.**

The Un-Comfort Zone with Robert Wilson

The boys slumped against the wall of the dugout; you could read the despair on their faces. "What's the point?" mumbled the right fielder, "We're just going to lose again." The team was on an eight game losing streak, with a record of 3 & 8 and five games left to play.

As the coach for the nine-year old Little League Orioles, I was frustrated. We had some of the finest talent in the league including the best pitcher and the best hitter, but the boys had already given up. I thought, "What can you do when there is no hope of winning?" It was then that I remembered one of the biggest upsets in figure skating history.

I squatted down in front of them and said, "Lean in, boys, I want to tell you a story about a 16 year old girl who got to go to the 2002 Winter Olympic Games as an ice skater."

Her name is Sarah Hughes and she barely made the team. She was one of the youngest members, and she would be competing against the biggest names in figure skating - women who had already won world titles. No one expected her to win. No one expected her to even place in the top three. Sarah wasn't expecting to win either.

"So," I asked the boys, "what is the point of competing when you know you cannot win?"

"Well, it would be pretty cool just to be in the Olympics," offered the first baseman.

"And, that's what Sarah thought." I replied. "She was just thrilled to there; and she made it her goal to simply do her best and have fun. When it was her turn to skate, she chose to do some of the hardest spins, jumps and footwork that an ice skater can do. Why not, she thought, because no one expected her to win. There was no pressure on her to win, and because there was no pressure she did all of those difficult moves perfectly."

After Sarah skated, all the big name skaters took their turns. Each one of them tried the difficult moves, but each one was nervous - trying too hard to win - and each one made mistakes. They fell on the ice. And, you can't fall down in the Olympics and win. In the end, only Sarah skated without falling down, and she won the gold medal.

Sarah won, because she didn't believe there was a chance for her to win. She went out on the ice to have fun. Boys, that is where you are today. You no longer have to worry about winning. Our record is so bad, that even if we win the next five games, we still won't place first, second or even third. So, what is the point of playing? The point of playing right now is to have fun. There is no pressure on you anymore. I want you to go out on the baseball field today and just have a good time.

They went on to win that day. In fact, they won the last five games. The boys finally started playing at their full potential. At the end of the season, as we entered the playoffs, the top three teams were looking nervously at the Orioles. I'd like to tell you we placed in the playoffs, but once again with the pressure back on, the Orioles choked and got knocked out in the first round.

The trick is to take your mind off the prize, and focus instead on enjoying the project at hand. We've all heard: "It's the journey, not the destination." There is a lot of truth in that cliché. The idea being that we should experience the task as an end in itself. Poet, Crystal Boyd, said it best in her book, *Midnight Muse*: "Work like you don't need money, Love like you've never been hurt, And dance like no one's watching."

CSA HAPPENINGS



In February, CSA collaborators Bill Pere and Les Julian learned that their song "Donkey in a Ditch" was part of a Grammy-Award winning CD, "All About Bullies Big and Small". This CD project to benefit the anti-bullying efforts of the PACER Foundation, has raised almost \$17,000 to date.

The CD was produced by Philadelphia producer Steve Pullara, and last month, Bill was in Philadelphia to meet up with Steve and the rest of the folks at the production studio.

Pictured above, happily enjoying the Grammy statue, are (L-R): Steve Pullara, Jim Cravero Bill Pere, and Kevin Mackie

The studio is located in an old NASA training facility, so in addition to the modern studio control room, there is also this Apollo-era NASA control room, where every NASA astronaut trained

COME SUPPORT CSA COMMUNITY OUTREACH IN ACTION

The 16th Annual LUNCH Holiday Show
to benefit local social services



December 1, 7pm, Stonington Community Center, 26 Cutler St, Stonington
CCT (Live pre-show music beginning at 6:15). Tickets: \$12
www.lunchensemble.com

SONG CRITIQUES Members may bring a song or lyric on CD (or do it live) to the monthly meeting for critiquing by fellow members. Please bring 20 copies of typed lyric sheet. Out-of-State members may have their songs or lyrics critiqued by sending one submission with 20 typed copies of lyrics to: CSA, PO Box 511, Mystic CT 06355. Include an e-mail address or a double stamped return envelope. Please note that since critiquing is designed to give constructive feedback and suggestions for improvement, songs which are meant only to be shared for self expression (as opposed to critiqued for improvement) should not be submitted. These can be presented in songsharing opportunities.

Questions about CSA Programs? Need To check your Membership status? Have a news item to submit? Want to volunteer for a project? Seeking a collaborator? Change of Address? It's easy to contact CSA.

General Info: www.ctsongs.com **E-mail:** info@ctsongs.com

Change of Address, Newsletter, Membership, Special Projects: CSA membership PO Box 511 Mystic CT 06355 **E-Mail:** info@ctsongwriters.com

CSA on the Web: www.ctsongs.com

• **COLLABORATION OPPORTUNITIES AND NETWORKING :** CSA provides opportunities to meet collaborators and providers of various music services. Make sure you're listed on our web site.

• **SONG SCREENING :** CSA helps its members get well-crafted songs targeted to their best potential market. Songs may be screened at meetings or by mail. Selected songs are eligible for inclusion on CSA compilation albums which are often given to industry pros. Songs submitted for screening must have been presented at a prior critique session. (exceptions on a case-by-case basis)

• **PARTICIPATION IN CSA MARKETING OUTLETS AND DISTRIBUTION :** Recordings by CSA members may be made available to retail outlets, radio stations, or Internet Distribution channels.

COMMUNITY OUTREACH OPPORTUNITIES: The [LUNCH](#) Program offers opportunities to be involved in the production and performance of benefit shows to address hunger and poverty . For details, contact info@ctsongwriting.com

CSA REGISTRATION FORM FOR NEW MEMBERS

NAME _____
 ADDRESS: _____

 E_MAIL (required for newsletter) _____
 TODAY'S DATE: _____ BIRTH DATE _____
 PHONE: (_____) _____ OCCUPATION: _____
 CHECK WHERE APPROPRIATE __ Songwriter __ Lyricist
 __ Vocalist
 __ Composer __ Musician __ Patron Other: _____

Membership Categories

(outside the U.S., please add \$10 to all categories)
 (All memberships include free electronic Newsletter Subscription. For a paper copy by mail, add \$10 per year)

1 year New Membership \$45
 2 year New Membership \$80 (save \$10)
 3 year New Membership \$109 (save \$26)
 Full Time Student (under 19) \$40/yr
 Senior Citizen (60+) \$40/yr
 Lifetime \$400 one time total
 e-Newsletter Subscription only (\$25/yr. 12 issues)

Members receive a free 1 year subscription to the monthly newsletter *Connecticut Songsmith*, free or discounted admission to monthly meetings and critique sessions, participation in the Song Share Sessions, Song Screening Services, eligibility for inclusion on Compilation CDs, free classified ads, and discounts on goods and services.

Enclosed is my check or money order to CSA for \$ _____
 Mail to: CSA Membership OR Go to: www.ctsongs.com and
 PO Box 511 you may join online using
 Mystic CT 06355 PayPal

E-Mail: info@ctsongs.com

**An investment in CSA is
 an investment in yourself!**