

# *Getting More Life Out of Trumpet*

*Greg Wing*

*Professor of Music*

*Morehead State University*

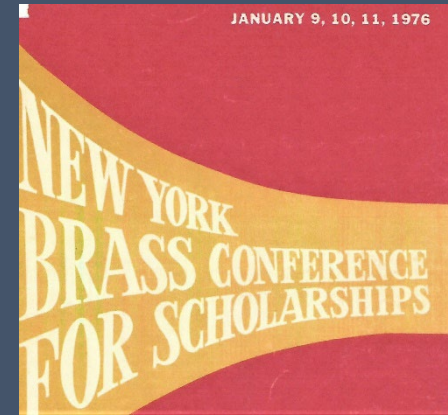
*5<sup>th</sup> Annual William Adam Festival*

*July 20, 2019*



# 1975 CLINIC ADDRESS

by Prof. William A. Adam



*In everyone's life, many obstacles present themselves. These have to be overcome by positive thinking and by a positive approach to the problem at hand. We need to make sure that our own self-image is true and honest.*

*I would like to recommend a book to you written by Maxwell Maltz called Psycho-Cybernetics. It contains "down on the farm" philosophy that can help a person create their self-image and give them a tremendous insight into their own life. Sometimes, we are acting and thinking positively, but not always toward our own fundamental goals. We must work on our "true self-image." I believe that playing the trumpet is one means of growing mentally and of continuing to grow, of seeking the truth, and of meeting all challenges that we have to meet.*

Getting more Life out of the trumpet. What does this mean?

Mr. Adam stated: *Obstacles must be overcome by positive thinking and with a positive approach to the problem at hand.* He emphasized that it is wise to educate yourself with recommending several books. We already mentioned *Psycho-Cybernetics*. Others include: *Zen In the Art of Archery* by Eugen Herrigel, *The Inner Game of Tennis* by W. Timothy Gallwey, *As a Man Thinketh* by James Allen, and *The Physics of Brasses* by Arthur Benade.

*Today I believe that ninety per cent of all playing is mental and the last ten per cent of the physical will be divided into nine percent breath and one per cent embouchure.*

What I find interesting is; why do we spend ninety percent of our time thinking about the one percent? Mr. Adam would refer to this as “*stinkin thinkin*”.

How do we keep the process simple?

*The mind is the creator of concepts and attitudes that produce the physical activity necessary for proper trumpet playing.....If we keep our minds on a beautiful sound, on accelerating the air through the sound, not on forcing the sound, and forget the embouchure, many problems will disappear.*

The first trumpet class of the year was a special one. The excitement in the room was electrifying as Mr. Adam discussed the trumpet and many of the philosophies we are going over today.

One of my former students was kind enough to take my old cassettes and make digital copies. Thank you Arias! I posted on Sound Cloud in 2015. If you haven't heard this, you may want to look this up.



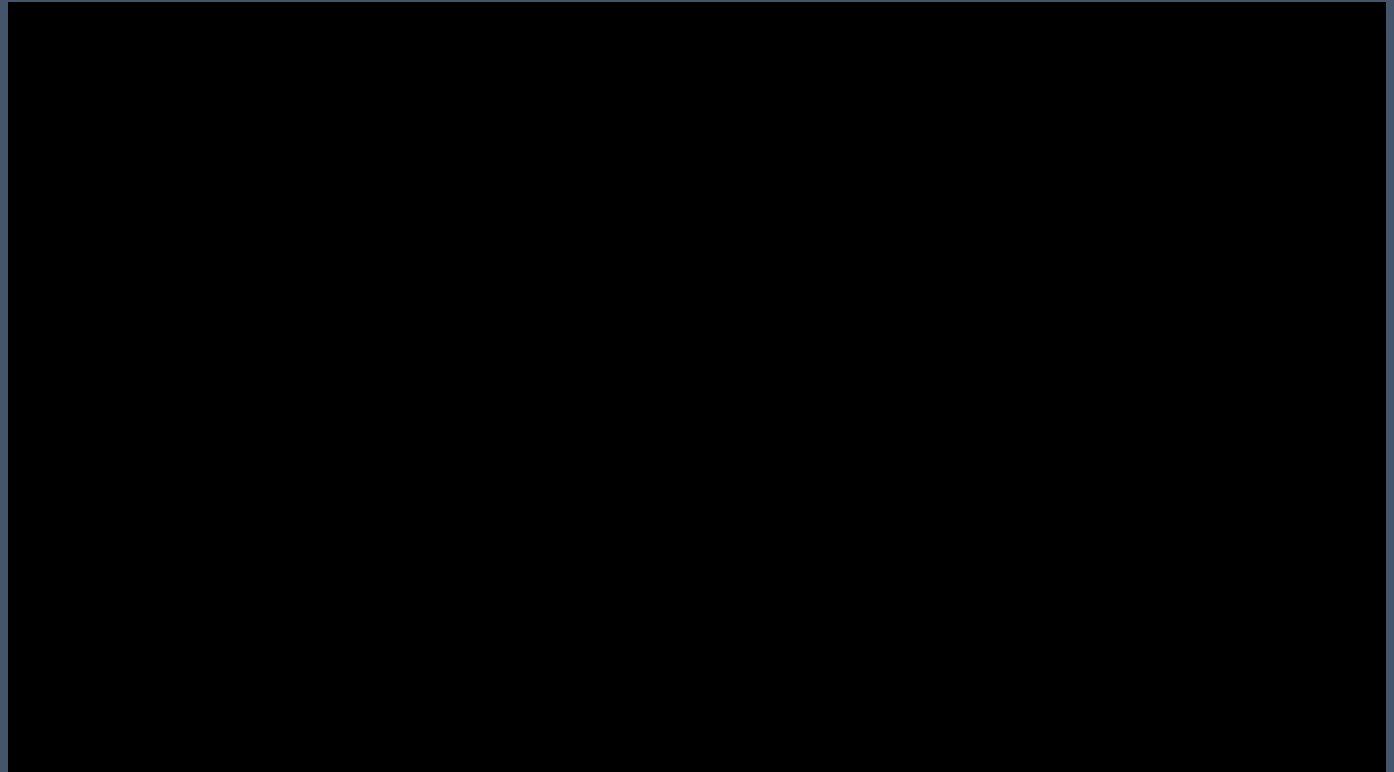
With Getting More Life out of Trumpet, we must rely on solid principles to help keep us in a positive frame of mind. One of the ways we do this is by reading about what successful people have done or listen to their audio/video presentations. We listen to these successful people tell their stories; about their journey, their trials and tribulations, and as a result, we learn from others.

I love motivational speakers; especially Jim Rohn (1930 – 2009), Zig Ziglar (1926 – 2012) and Dale Carnegie (1888 – 1955).

According to Career Addict, the 10 Best Motivational Speakers in the World in 2018 were:

<https://www.careeraddict.com/best-motivational-speakers>

10. Jamie Turner
9. Gretchen Rubin
8. Gary Vaynerchuk
7. Erik Qualman
6. Erik Thomas
5. Diana "*Find A Way*" Nyad
4. Daymond John
3. Brene' Brown
2. Benjamin Zander
1. Arianna Huffington



Not only did Mr. Adam encourage us to read, but he would play recordings of Maurice Andre, Doc Severinsen, and Adolf Herseth in Performance Class. Why?

Since the development of the internet, we have so many wonderful resources available to us to help us with just about anything we can imagine. Technology has changed the way we do everything!

Why do we listen to Chris Botti play *Deborah's Theme* over and over again?

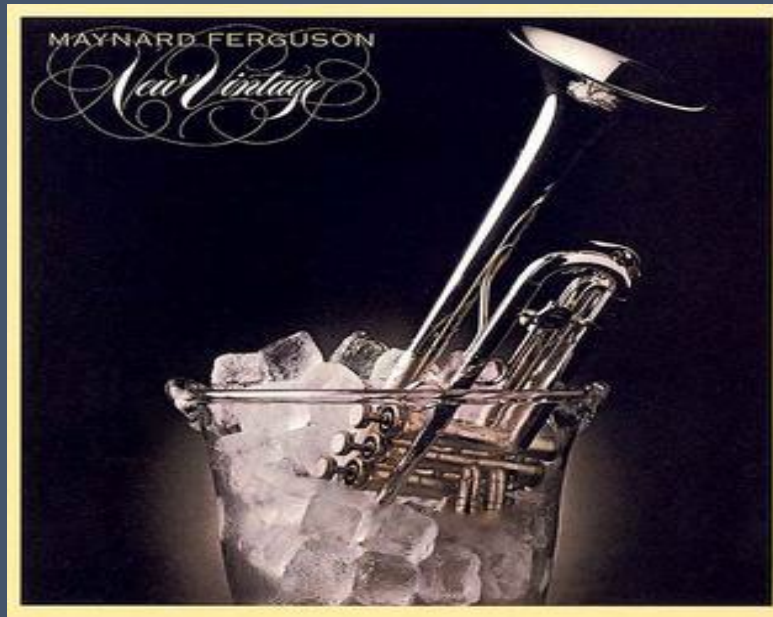
Why does listening to beautiful music inspire us to want to improve?

Do you have a Top 25 list of favorite trumpet artists that you listen to for inspiration?



I remember listening to Maynard's "Maria" over and over again 'till I had tears coming down my face. Bob and Karl, you were there. We were playing at the Executive Inn.

I wore this cut out one summer. Why?



I never witnessed Mr. Adam having a bad day. Not one time. He fired it up all day and late in the evening.

Why?

When Mr. Adam greeted you with that firm handshake of his. When he looked into your eyes and smiled with that twinkle in his eye, or told us the same joke all day for a week, his methods of keeping a positive outlook was modeled day in and day out.

By the way, do you know why Mr. Adam would tell us a joke?

I always enjoy sharing motivational types of things with my students. I came across a website called Daring To Live Fully; <https://daringtolivefully.com/positive-attitude>

On this site was an article regarding “21 Ways to Create and Maintain a Positive Attitude”. Ironically, several of these 21 ways can be directly related to Mr. Adam’s philosophies. I want to go through several of these and talk about what Mr. Adam use to share with us.

**1. Have a Morning Routine.** How you start your morning sets the tone for the rest of the day. Make sure your routine is one that puts you in a good mood so you can start the day off right. -- Just maybe there was another reason why Mr. Adam wanted to be sure we developed a Daily Routine mindset with getting after it.

**2. Carry An Attitude of Happiness With You.** Instead of waiting for external things to make you happy, be happy and watch how that influences the things that go on around you. Happiness is an attitude, not a situation. -- We NEVER heard Mr. Adam say anything negative about anything. He would always tell us to *“Take the High Road.”*

**3. Smile!** Smiling will give you an instantaneous attitude boost. Try smiling for a minute while you think of a happy memory or the last thing that made you smile. Smiling releases endorphins and serotonin, also known as the feel good hormones. It is a lot easier to adopt a positive attitude when the chemicals being released by your body are conclusive to well-being.

-- Mr. Adam greeted EVERYONE with a smile.

**4. Take Responsibility.** At any moment your attitude can be that of a victim or of a creator. You have to learn to take responsibility of your future.

--- Mr. Adam told us; "You can take a day off, but you can't put it back."

-- *"You know what the biggest sin in the world is, don't you? Feeling sorry for yourself".*

**5. Be Proactive.** A reactive person allows others and external events to determine how they will feel. A proactive person decides how they will feel regardless of what may be going on around them. Be proactive by choosing your attitude and maintaining it throughout the day, regardless of what the day may bring.

*-- Remember, playing trumpet is a life-long journey. Never sell yourself short. There are enough people out there that will do it to you for free.*

**6. Change Your Thoughts.** Positive thoughts lead to a positive attitude, while negative thoughts lead to a negative attitude. Changing your attitude is as simple as changing your thoughts. *-- Only YOU can prevent forest fires in your life.*

**7. Have A Purpose.** Having a purpose in life gives you a fixed point on the horizon to focus on, so that you can remain steady amid life's challenges. Bringing meaning and purpose into your life – knowing why you are here – will do wonders for your attitude.

**8. Stop Expecting Life to Be Easy.** The truth is, life gets tough at times. For all of us. It can even be painful. But you're brave and resourceful, and you can take it. Know that sometimes things won't be easy, and adapt the attitude that you have what it takes to deal with anything that life throws at you. -- Mr. Adam would tell us *"It takes some people longer than others."*

**9. Keep Up Your Enthusiasm.** Enthusiastic people have a great attitude toward life. Being enthusiastic will help you maintain the attitude that life is good and that you're lucky to be alive.

-- Mr. Adam always mentioned being that good person. You live in the present, work hard in the present: *“All you have is today. You can’t worry about yesterday; yesterday is gone forever and you can’t worry about tomorrow; tomorrow may never come. All you have is today!”*

**10. Limit Your Complaints.** Whining about anything and everything is not conducive to a positive attitude. When you complain, you’re saying negative things about a person, place, or event, without offering a solution to fix the situation. Instead of complaining, do the following.

- Remove yourself from the situation
- Offer a possible solution
- Accept that there is nothing you can do to change the situation.

-- Mr. Adam would constantly remind us: *“You NEVER have to put anyone else’s lights out to make your own shine!”*

**11. Use Gratitude to Improve Your Attitude.** When you find yourself focusing on what is wrong in your life, what you don't have, or what you're missing out on, adjust your attitude by feeling gratitude. Studies have shown that having "An Attitude of Gratitude" is beneficial for every aspect of your life: being grateful improves your health, your mood, your relationships, your career satisfaction, and on and on. If you need an attitude lift, simply think of all the things you have to be grateful for.

**12. Seek Out Others With a Positive Attitude.** A positive attitude is contagious. When you feel you need an attitude boost, find someone with a great attitude and look for an excuse to hang out with them. Their attitude can't help rub itself off on you and you'll be able to face the world with renewed optimism.

While in school, we were driven and passionate about playing the trumpet with Mr. Adam leading the way. We worked hard; practicing from morning 'till night. We all loved our comradery and to this day, remain life-long friends. Please NEVER forget this.

Mr. Adam told us; *“I can't teach you how to play that thing. All I can do is help you learn how to control you, so you can get out of the trumpet what you want. You need all the friends you can get in this business.....”*

How do YOU maintain positivity in your life?

How do you balance work, family, and trumpet?

What hobbies do you have that help calm your soul?

We accumulated positive affirmation quotes from others. We copied them on cardstock and put in our lockers, in our horn cases and read them every day!

**“It’s not the critic who counts, not the one who points out how the strong man stumbled or how the doer of deeds might have done them better. The credit belongs to the man who is actually in the arena; whose face is marred with the sweat and dust and blood; who strives valiantly; who errs and comes up short again and again; who knows the great enthusiasms, the great devotions and spends himself in a worthy cause and who, at best knows the triumph of high achievement and who at worst, if he fails, at least fails while daring greatly so that his place shall never be with those cold and timid souls who know neither victory nor defeat.”**

(Theodore Roosevelt, 1858-1919, 26th US President and 1906 Nobel Peace Prize-winner.)

# If

BY RUDYARD KIPLING

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;  
If you can think—and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And—which is more—you'll be a Man, my son!

## PROMISE YOURSELF

**P**romise yourself to be so strong that nothing can disturb your peace of mind. To talk health, happiness and prosperity to every person you meet. To make all your friends feel that there is something in them. To look at the sunny side of everything and make your optimism come true. To think only of the best, to work only for the best and expect only the best. To be just as enthusiastic about the success of others as you are about your own. To forget the mistakes of the past and press on to the greater achievements of the future. To wear a cheerful countenance at all times and give every living creature you meet a smile. To give so much time to the improvement of yourself that you have no time to criticize others. To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.

- *Christian D. Larson*

I know there are many other quotes, but I wanted to share the ones that were so important to many of us during our time with Mr. Adam in the 70's – early 80's.

As we continue our journey, I feel it is important to take time to reflect on the ideas and philosophies that we have heard this week.

If you have any questions, I'll be happy to take them now.

Before we leave, I want to share this with you.



**while back, I read a very interesting book that compared  
train ride or a series of train rides.**