



**Location:** Break Espresso

**Time:** 8am

**Members Present:** Anthony Brown, Chris Sand, Cole Grant, Dwayne Parton, Jackson Browne, Keith Hardin, Aerial Martens, Callie Morris, Maria Zepeda, Dan Curry, Tom Bensen

**Question of The Day:** Who's your favorite songwriter?

**UPDATES:**

- **Meet Your MAMA:**
  - Cookies & Bridge Pizza donated
  - Need 10 more legacy members
  
- **Amended name to Montana Area Music Association**
  - Hoping to launch chapters in Helena, Billings, Bozeman, Butte, Flathead
  
- **Education Committee**
  - Trial workshop next spring- will be looking for businesses to sponsor students. Fair wages for educators, hoping to offer credit for attendance through U of M
  
- **Self Care Series**
  - First Tuesdays in December, possibly at imagine nation brewery. **Week 1** - meeting, **Week 2** - Mind, **Week 3** - Spirit **Week 4** - First Night Missoula, 6-9.
  
- **Songwriters Circle: Missoula**
  - Now hosted by Montana Area Music Association
  
- **Still compiling database through December - please send us artists. We are creating this together.**

- **Indie on the move - global database of musicians.**
- **Still looking for a centrally located space for MAMA with parking.**
- **Add to the website a 'I heard of a gig' spot.**
  - Gig Salad -musicians can post about gigs they cannot take.
- **Starting in January our monthly general body meetings will be at the Senior Center**

### **Q & A - Songwriters Circle Missoula:**

- **How do you overcome roadblocks?**
  - Have multiple projects
  - Quit while you're ahead - if you have something good let the subconscious mind ruminate on it and come back to it
  - Switch instruments, start backwards, step out of your comfort zone.
  - Keep a notebook next to your bed, harness the writing that happens in your dreams
  - Step away for a moment and come back
  - If you overwork something - it'll sound that way. Recording has helped, voice memos
  - Having influencers and falling back on them for help
  - Setting a deadline
  - Trust the process
  - Write everyday - whether it be a song or just thoughts
- **Musical composition writing?**
  - Set a metronome, drum machine and feel into it
  - Learn new scales
  - Ask yourself: Am I in this or not? Should I focus on this?
  - BOOK: Flow by Mihely Csikszentmihalyi
  - Ask people around you for prompts
  - Allow yourself the easy route at times
- **Best time to write?**
  - When hiking
  - Wherever there is solitude
  - 3am writing. Your brain may say "go to bed" your heart "ride this out"
  - Carving out time before you teach/work/start your day
  - Pick up the guitar throughout the day
  - Recording whatever you do as it comes
  - Write drunk - edit sober, not necessarily drinking or drugs, but when you're mind is active and honing in on that, maybe even tired.
- **What is a way you challenge yourself?**

- Whenever you rehearse try playing one or two things you've never played before.
- Writing backwards - starting with a theme, title or word
- Asking someone else for a couple random words or prompts and tying it together.
- Brian Eno, talking heads- moving the radio dial and jotting down words you hear as you turn it. Oblique strategies, a deck of cards to shake things up.
- Take an object in a room and write the perspective of what happens around it in a day
- Melodically dance around the root of the chord.
- Leave out the "butter notes, tastes good on everything - the easy, consonant notes.
- Monthly challenge: get out of your comfort zone when writing.