

## FCMTA SCHEDULE 25-26

Sept. 9      Business Meeting, 10:00      C. Burr Artz Library, Frederick

Oct. 14      Jazz Presentation, Quentin Walston 10:00-11:00

United Methodist Church 7108 Fern Ct. Middletown

Does jazz improvisation feel out of reach? Maybe you know a solo scale that might get your students started, but you are not sure where to go next. Maybe you avoid jazz & improvisation altogether. Join jazz pianist and educator Quentin Walston as he gives FCMTA teachers skills and techniques to bring jazz improvisation into lessons, for any age or ability level. Improvisation is a way for students to express themselves, and you don't need to be a jazz expert to unlock this creativity in your students! Presentation will include multiple improv activities for lessons, foundational jazz theory, and time for questions so teachers feel equipped to share fun and exciting jazz music with their students.

Nov. 11      Audiation & How Do We Teach It , Laurel Carroll

2738 Flintridge Drive, Myersville MD

Meet & Greet 9:30 Presentation 10:00 –11:00

"To audiate" (pronounced au-dee-ate) means to think and understand music in the mind. What does that really mean? Why is it important? How can it inform our teaching? Learning about audiation 15 years ago was a game-changer for me and my students. I want to share what I have learned about how teaching from an audiation perspective can make a huge difference in teaching all students, from beginners to the most advanced!

Dec. 9      **Holiday Party** Tatjana Podjaski-Desler, 10:00-12:00

Come gather for holiday singing and sweet treats! Bring cookies or sweet treats to share and your holiday music.

6960 Snead Ct., Middletown

Jan.13      Business Meeting, 10:00 C. Burr Arts Library, Frederick

Feb. 10      The Secret Lives of Quiet Students, Christina Whitlock

Zoom: 10:00-11:00

Our least-talkative students can be vexing, to say the least. Join Christina Whitlock for a lively look into the surprising superpowers of quiet students. Attendees will come away knowing how to optimize these often-awkward circumstances and discover why – despite all outward appearances! – their silence has nothing to do with how they feel about you.

Mar. 10      **Yoga & Meditation for Performance Anxiety**

Venue: Middletown Library, 31 E. Green St. 10:00 AM

A calming, musician-focused workshop that blends gentle, chair yoga with practical meditation tools to ease tension, steady the breath, and build confidence. Learn simple techniques you can use before rehearsals, backstage, or right before stepping into the spotlight. Accessible for all bodies and experience levels.

**Instructor Bio: Dr. Stacy Benner, PT, DScPT, RYT-200**

Stacy is a physical therapist with 38 years of clinical experience and a yoga instructor of 7 years, specializing in gentle and adapted yoga for diverse populations. Her teaching blends movement science, accessibility, and a trauma-informed approach to help students feel supported and confident.

A lifelong musician, Stacy studied piano and voice and has performed vocally both solo and in ensembles. She was a member of the All-American Festival Chorus, touring Carnegie Hall and the Soviet Union in 1991—an experience that deepened her understanding of the physical and emotional demands placed on performers.

Stacy brings together her therapeutic background and musical experience to offer practical, compassionate tools that help musicians manage tension, regulate anxiety, and reconnect with their artistry.

April 14     Lesser-Known Intermediate Western Classical Music

Bobbie Rastall, 6777 Sunnybrook Dr., Frederick

Let's look at some intermediate piano literature from years gone by. There are some wonderful pieces that were popular in the classical literature but have somehow been largely forgotten. Pull out your own old literature books and your mother's old literature books and find a few pieces you loved—pieces that aren't in today's new literature books. Remember "Winter Tales" by Alphons Czibulka? I bet you'll recognize it when you hear it! There are actually lots of pieces that seem to go in and out of popularity. I think Ellmenreich's "Spinning Song" is one of these. Bring your favorites. Let's see how many we can find!

May 12     Business Meeting 10:00, venue TBD

June 9     Duet Get-Together

All Saints Episcopal Church, 106 W. Church St., Frederick