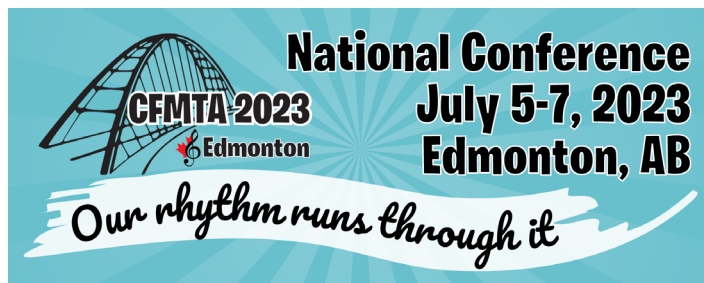




# Our Rhythm Runs Through It

## CFMTA/FCAPM National Conference 2023

Marlaine Osgood



At the end of the busy two and a half days in early July, it was hard to believe the CFMTA 2023 Edmonton Conference *Our Rhythm Runs Through It* was over. The Conference Planning Committee spent countless hours detailing the first CFMTA hybrid conference and we have you, the people who joined us in-person and online, to thank for making the work worthwhile. Throughout the Conference space, there were many smiles and laughs, hugs and conversations.

For the hybrid portion, we livestreamed sessions, workshops, masterclasses, and the Gala Concert, and decided to extend the time available to view these events online to August 31. For anyone who missed the conference, four conference sessions were selected for the CFMTA video library:

- Olivia Adams – *Hand it to Them*
- Kevin Ngo – *On Teaching Unnotated Ornamentation in Mozart*
- Josian Leder Sears – *The Space Between the Notes*
- Karen Gerelus – *PROPer Piano Pedagogy Part 2.*

The personalized conference bags were a hit. Voice judge Gordon Gietz commented, “...speaking of welcome, I cherish the bag I was given. So beautiful. It’s the small details that make such a huge difference.”

The Albertiad ran as an in-person only event. Conference Delegates and Trade Show vendors had a fun and relaxing evening sharing skills and talents. We hope we’ve started a trend for future conferences.

The Conference Planning Committee would like to give a big thank-you to the many volunteers, both CFMTA and non-CFMTA members, who stepped forward to manage the jobs required to keep the conference moving. Without you, the conference would not have been as welcoming and personable.

The Conference Planning committee:

- Marlaine Osgood - Chair
- Vicki Martin - Treasurer and Registrar
- Carolyn Garritano - Webmaster and Registrar
- Judith Ammann - Hospitality, Scheduling, and Gala Concert
- Bev Moore - Trade Show
- Beth Raycroft - Sponsorship
- Twila Bakker - Sessions
- Nathene Arthur - Voice Competition
- Jennifer Thomas - Volunteers
- Eleanor Tsui - Piano Judge Liaison.



Back Row - Bev Moore, Vicki Martin, Carolyn Garritano, Nathene Artur, Judith Ammann, Marlaine Osgood

Front Row - Elizabeth Raycroft, Twila Bakker, Jennifer Thomas





Hosting Province  
Alberta - ARMTA



Manitoba - MRMTA

# Meet some of the Attendees



Ontario - ORMTA



Prince Edward Island - PERMTA



Northwest Territories - NTRMTA



Yukon - YRMTA



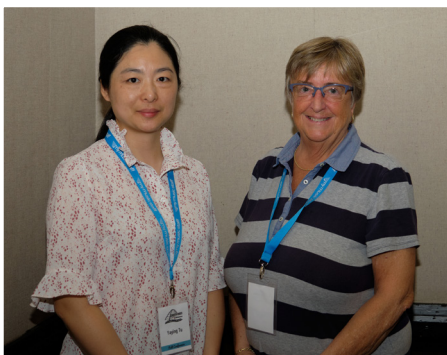
Saskatchewan - SRMTA



British Columbia - BCRMTA



Quebec - APMQMTA



Newfoundland & Labrador - NLRMTA



Nova Scotia - NSRMTA



New Brunswick - APMNBRMTA



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### Comments and Session Reviews

Thank you for putting together a wonderful few days of learning. I thoroughly enjoyed the gala concert Wednesday night. It was very helpful to see the Tabla presentation online ahead of time. I also learned a lot about how diverse Edmonton has become. The Thursday /Friday streaming was very well planned. Only a few presentations were very quiet. Thank you again for hosting a successful event.

*Kathy Normandeau*

I really enjoyed the speakers and the nice simple set up! Things ran so smoothly. Congratulations on a wonderful conference! Please pass on a big congratulations to all planners, volunteers, speakers and vendors!!

*Teena Trick-Wilks*

I just wish to write and say how Wonderful Merlin's workshop was. I heard him teach about 20 years ago in a music summer camp in Langley B.C. and I never forgot. I remembered because he was so inspiring and he really made the young people there feel good about themselves. This workshop was similar in the way that it was very practical and had down-to-earth strategies at the same time. Merlin Approached teaching children in a very human way, even his advice for dealing with the parents. I love how he was focusing on how to inspire them to want to make music all their lives.

*Jean Brown*

Let me begin by admitting I'm a big fan of music conferences. They're a great way to visit a new and often unexplored city, meet old and new friends and colleagues and, not least, learn more about developments in the art and science of teaching. CFMTA Edmonton 2023 did all of that and one thing more. Edmonton 2023 was hybrid, with each session simultaneously available in person and online. I enjoyed that virtual advantage when I got home again, using the 30-day grace period to watch sessions missed or in my estimation worth a repeat.

*Ann Babin*

#### **When Music Performance Anxiety (MPA) Interrupts the Natural Rhythm of Performance: An exploration and presentation of managing Music Performance Anxiety in the Music Studio.**

On Thursday July 6, Dr. Emily Logan of the Vancouver/Burnaby BCRMTA Branch presented the results of her research into music performance anxiety (MPA). The session was engaging and informative, so much so that a paragraph here will hardly do it justice but it will certainly give a taste of the event. Dr. Logan first gave some history into our understanding of MPA, why it may happen, and some of its physical, cognitive, behavioural and affective manifestations. She underlined the fact that the reasons an individual may experience MPA are multilayered but she also provided practical strategies for recognizing the signs and responding to the situation. Sports psychology techniques she has investigated are also a valuable resource as much research has occurred in this area and its crosses over effectively into music performance. If this tweaks your curiosity, Dr. Logan's DMA thesis is available for reading through the UBC digital library.

*Barbara Siemens*



**Congrès national de la FCAPM 2025**

**CFMTA 2025 National Conference**

4-6 juillet 2025 / July 4-6, 2025

Présenté à  
l'École de musique Vincent-d'Indy  
628, chemin de la Côte-Ste-Catherine  
Montréal (Outremont), QC H2V 2C5

Bienvenue à Montréal

Welcome to Montreal

APMQMTA

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École de musique Vincent-d'Indy