

new release

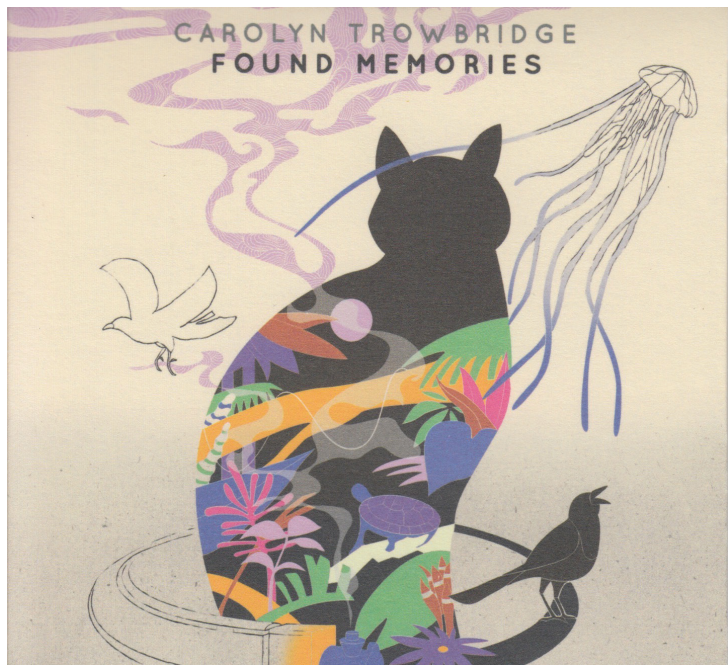


Jazz Promo Services

file under: **JAZZ** RELEASE DATE: January 9, 2026

CAROLYN TROWBRIDGE "FOUND MEMORIES"

Carolyn Trowbridge, a vibraphonist and percussionist who is a major part of the Austin, Texas music scene, makes her debut as a leader on *Found Memories*. Her regular quartet is augmented with several other musicians, most notably flutist Alex Coke, creating ensemble-oriented performances full of color, drama, unpredictable grooves and variety.



Artist: CAROLYN TROWBRIDGE

Title: FOUND MEMORIES

Artist Website: www.carolyntrowbridge.com

www.carolyntrowbridge.bandcamp.com/track/duchess-of-sheba

Release Date: January 9, 2026

UPC Code: 051497500481

TRACK LISTING

1. Thank You For the Memories, Thank You For the Laughs 04:03
2. Duchess of Sheba 03:14
3. Chopin's Seance 04:35
4. Grackle vs Tacotarian 04:14
5. The Lonely Frost Flower 04:28
6. Tookey's Engine 04:54
7. Turtle Heart 04:03
8. The Old Woman Who Never Grew Older 03:52
9. Physalia's Journey 04:45
10. Onward 04:46

All songs written by Carolyn Trowbridge (BMI)

Published by Carolyn Trowbridge Music © 2025

Produced by T.J. Masters. Engineered by Gary Calhoun James and Mario

Castellanos. Mastered by JJ Golden. Recorded at Estuary Recording, Austin, TX.

Photograph by Lucero Archulete Valle

MUSICIANS: Carolyn Trowbridge - Vibraphone, Alex Coke - Flute, Bryan Sunderman - Guitar, Mario Castellanos - Bass, Nick Tozzo - Drums/ Percussion

In Austin, Texas, vibraphonist Carolyn Trowbridge is greatly in demand for performances and recordings whether it is with rock bands, Afrobeat ensembles, avant-garde jazz units, steel pan groups, or vocalists. Her versatility is as impressive as her musicianship and creativity.

For *Found Memories*, her recording debut as a leader, her core quartet with guitarist Bryan Sunderman, bassist Mario Castellanos, and drummer/percussionist Nick Tozzo is joined on various selections by flutist Alex Coke, harpist Elaine Barber, tenor-saxophonist Jason Frey, and the voice of Caitlin Palmer. Carolyn Trowbridge performs ten of her originals, music that is as colorful as her song titles. While there are concise vibes, guitar and flute solos, the emphasis is on the ensembles and the development of her pieces.

Found Memories starts off with the joyful opener "Thank You For The Memories, Thank You For The Laughs," a danceable performance that is full of joy. In contrast, "Duchess Of Sheba" is a menacing strut that lets one know that the Duchess is not someone to be messed with. "Chopin's Séance" is a bit otherworldly, episodic, and includes a dreamlike ballad section for Trowbridge's vibes.

The rhythmically infectious "Grackle vs. Tacotarian" could be used as a soundtrack for an imaginary battle; Alex Coke, as the grackle, creates some odd sounds on his flute that fit the plot of the piece. "The Lonely Frost Flower" is mysterious and lightly funky while "Tookey's Engine" sounds like a train ride on a magical journey. Other selections include the happy jazz piece "Turtle Heart," "The Old Woman Who Never Grew Older" (one can certainly feel the presence of the distinguished subject during this unhurried performance), "Physalia's Journey" which includes a spot for Frey's tenor, and the optimistic groove of "Onward."

Carolyn Trowbridge has been a significant part of the music scene in Austin as a performer and an educator for some time. She has worked with such local performers as Black Pumas, Adrian Quesada, Graham Reynolds, Star Parks, Hard Proof, and among others. Her diverse experiences include performing with the choir Conspirare: A Company of Voices for a PBS special, an Austin City Limits live taping with Boleros Psicodelicos, supporting Snoop Dogg, and playing with Mike Portnoy. She has also been a music educator for over 20 years and delivered master classes all over the U.S.

The vibraphonist founded her quartet (which currently also includes tenor-saxophonist Jason Frey, bassist Mario Castellanos and drummer Andy Beaudoin) in 2023. Now, with the upcoming release of *Found Memories*, her artistry will be in evidence to any listener who enjoys melodic, dramatic and unpredictable music.

NATIONAL PRESS CAMPAIGN: JIM EIGO, JAZZ PROMO SERVICES, 272 State Route 94 South #1, Warwick, NY 10990-3363
Cell / text: 917-755-8960

jim@jazzpromoservices.com • www.jazzpromoservices.com

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