

From: AUSTAT <info@austat.org.au>
Sent: Wednesday, 12 December 2018 3:18 PM
To: Karen
Subject: AUSTAT NEWS - December 2018

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AUSTAT NEWS

December 2018

Council Matters

Council met briefly on Sunday 2 December, mainly to discuss publicity for the celebration of the 150th anniversary of Alexander's birth.

This was the first meeting of the new Council – unfortunately our new Chair, Jeremy Woolhouse was overseas and unable to attend.

USING ALEXANDER'S 150TH BIRTHDAY TO PROMOTE ALEXANDER TECHNIQUE AND YOUR TEACHING PRACTICE

Our whole membership needs to be involved in doing some publicity during January in the lead up to the 150th anniversary of F M Alexander's birth on 20 January.

AUSTAT Council will send media releases to the mainstream media. A series of stories and media releases will be available on the AUSTAT website before Christmas; please use them and change as you wish, then send to your local newspapers and community radio stations.

If you/your practice has a data base and produces a newsletter, please assist by publicising the event through that medium.

The AUSTAT website will have a page dedicated to the 150th anniversary.

Facebook – we aim to have daily posts on the AUSTAT Facebook page that you can then share with your Facebook groups. If you have stories, testimonials or bits of information that we can post, please send them to Karen Nankervis at info@austat.org.au

If we all plan now to do three things in the first three weeks of January, plus daily shares of the Facebook posts, we will really get Alexander Technique being talked about.

We will let you know when the media releases are ready; in the mean time, you can start sourcing some email addresses to send them to.

AUSTAT Council wishes members and your families, a very happy Christmas season, however you may be celebrating, and all the best for the new year.



ARE YOU ON FACEBOOK?

Here are some tips, from our Administrator Karen, on how to help promote the 150th birthday celebrations, and AT generally:

- Have you liked the AUSTAT Facebook page?
<https://www.facebook.com/AUSTATau/>
- Visit the Facebook page regularly and set your notifications so you know when a new post goes up. 'Like' the posts, and make comments, start conversations.
- When you see a post you think others will be interested in, hit the 'share' button and share it on your business Facebook page if you have one, and on your personal page. Write something to introduce it, and encourage everyone to like the AUSTAT page too.
- If you see something AT related on Facebook you'd like to share on the AUSTAT page, send the link through to Karen via Messenger or to info@austat.org.au
- We have a small team of 'Editors' on our Facebook page, if you are active on Facebook and would like to help build AUSTAT's profile and that of the Alexander Technique, let Karen know.



SUMMER HOLIDAY READING

Don't forget that AUSTAT has a library which all members are free to use. Just go to the Members Area if the AUSTAT website, scroll down and click on to "AUSTAT Library". There you will find a list of books available for loan. If you would like to borrow a book, contact Sharon Van Doorn library@austat.org.au, who will post the book(s) to you.



OVERTURNING THE REMOVAL OF THE GOVERNMENT SUBSIDY AND THE PRIVATE HEALTH INSURANCE REBATES FOR 16 NATURAL THERAPIES

The Australian Naturopathic Practitioners Association has started a petition, which will be linked to the Minister of Health Greg Hunt and CEO of Private Health Australia Dr Rachel David on Getup.org. They want to show a collective force in garnering the energy of the public and of course the practitioners and have invited AUSTAT and our members to be part of this. Council has agreed to do so.

Eta Brand, ANPA President, writes "As a member on the Advisory Panel for the Natural Therapies Review I know first-hand what went on in that review. Public money has been used on a less than satisfactory and in fact discriminatory review for Natural Therapies. We do need funds to support research in our health sector for sure. The denigration of Natural Therapies has been the unintended consequence of the Review."

You can view and share the petition [CLICK HERE](#)

You are invited to submit details of coming events and/or links to relevant articles you feel may be of value and interest to other members.

You may also like to send a comment about this initiative to keep members informed.

Please send correspondence to: info@austat.org.au

Helen Thomson
Newsletter Compiler

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AUSTAT · PO Box 405 · Beechworth, Vic 3747 · Australia

