

**From:** AUSTAT <info@austat.org.au>  
**Sent:** Thursday, 21 March 2019 4:30 PM  
**To:** Karen  
**Subject:** AUSTAT NEWS - March 2019

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## AUSTAT NEWS

March 2019

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Council met on Sunday 10<sup>th</sup> March and the following matters arose.

Council welcomed members who volunteered for the Training Course Standing Committee.  
Thanks to Greg Holdaway, Sandra Dobbs, Jane Azul and Matt Wasley.

Glenn Swift joined the meeting briefly to be thanked for volunteering to be our ATAS representative. Thanks Glenn.

Also, thanks to Bronwyn Munro who has volunteered to be our Pain Australia representative.

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### **Health Funds**

Members are reminded that private health fund rebates end on March 31.

Please refer to the PDF on the AUSTAT homepage "Health Funds and the evidence for AT" and distribute this along with information on the changes to your students.

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### **Continuing Professional Development after April 1st.**

In light of the federal government's abolition of private health funds rebates for Alexander Technique et.al.:

AUSTAT Council urge you all to continue participating in, and recording your professional development after April 1<sup>st</sup>.

Whilst this was put in place to meet the health fund requirements it is something that all professionals do.

A change of government will see health fund subsidies being re-instated (this is what the Labor Party have promised us – [please see attached letter](#)), so please be prepared and keep track of your hours.

Even if you do not participate in the Health Funds, professional development is a joyous activity - you get to swap work, attend workshops, prepare articles on AT.

You get to work on yourself.

CPD is a time to:

- Reflect on your practice
- Assess learning needs
- Actively participate in some hands-on work either with one other person, in groups, workshops and conferences
- Evaluate what was good about that experience
- Act on your learning goals
- Evaluate the outcome of your cpd activities

**Most importantly CPD is fun and rewarding.**



## In The Moment - Autumn 2019

Articles for the next edition are welcome.

Please send to Karen by 31st March

[info@austat.org.au](mailto:info@austat.org.au)



Penny has sent thank you letters to various people who made significant contributions to the 150<sup>th</sup> anniversary and enabling it to be a great event.

Thanks Penny!



### **Burwood Bulletin Publishing Article on AT**

The Burwood Bulletin is a community newspaper in Eastern Melbourne which has agreed to support AUSTAT by publishing an article on AT written by Jeremy Woolhouse. It will appear in the Winter edition.

Members are invited to reciprocate in supporting the paper by purchase of advertising alongside the article.

See website for details <https://burwoodbulletin.org>

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Council matters discussed that remain in the pipeline were: The Taiwan Training course and the path to its AUSTAT approval, options for using the AUSTAT Facebook page as an internet forum for communication between members. Website issue regarding find a teacher. Solutions are being sort.

Council passed the following motion: 'that AUSTAT adopt the confidentiality agreement and require all council and sub-committee members to sign and abide by it.' It is intended to review our Code of Professional Conduct in the future and that this confidentiality agreement will be included in the Code.

Council added the following to our email policy: 'Council and its committee members will not accept correspondence which contains content which is a personal attack on, insulting to or in any way disrespectful towards any AUSTAT member. Any such correspondence will be saved but not responded to. Council welcomes constructive criticism which is respectful of the diversity in our community and the efforts of volunteers.'

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## **2019 AUSTAT Conference**

### **“The Breath of Life and Movement”**

In this special year of the 150<sup>th</sup> anniversary of Alexander’s birth, the man known as the “Breathing Man”, AUSTAT is delighted that Pamela Blanc, master Alexander Teacher and senior teacher in the Art of Breathing will join us from

California.

## **October 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>**

Friday 4.00pm to 7.00pm, Saturday and Sunday 9.00am to 5.00pm

*(This is the week after the AFL Grand Final and a long weekend in NSW, ACT and SA)*

Venue: **Victorian College of the Arts**

Southbank, Melbourne

*Walking distance from Flinders St Station*

### **International Guest - Pamela Blanc**

Pamela Blanc has a private practice in Los Angeles, CA and is a founding director (1987) and senior faculty of The Alexander Training Institute of Los Angeles (ATI-LA), a Private Postsecondary School licensed by the State of California to train individuals to become certified teachers of the F.M. Alexander Technique. Pamela also oversees continuing education for AT Teachers at ATI-LA.

Pamela's first Alexander teacher was Frank Ottiwell (1975) in San Francisco and trained with Frank and Giora Pinkas, graduating 1979. She met and worked with Patrick Macdonald in early 1976; Marjorie Barstow in 1978; Walter & Dilys Carrington in 1979. Encouraged by her teachers and committed to her own learning process Pamela pursued studies before, during, and after graduation with these first generation teachers as well as with Marjory Barlow, Peggy Williams, and Elisabeth Walker.

Pamela is the senior teacher of Jessica Wolf's *Art of Breathing*, having been introduced to the principles of Breathing Coordination by Jessica Wolf in 1998; Pamela had a series of private lessons with Mr. Carl Stough in 2000; enrolled in the first Graduate Training Program of Jessica Wolf's *Art of Breathing* at the American Center for the Alexander Technique, NYC (2002-2003); and has assisted Jessica in teaching this course of study to other Alexander Technique Teachers. Pamela continues her private studies with Jessica and has integrated this influence into her own teaching.

During her 40-year career she spent eleven years as adjunct & guest lecturer in the Music Conservatory of Chapman University and previously adjunct at other universities in southern California where she continues to present master classes.

Pamela is delighted to be the Key Note Speaker for the 2019 AUSTAT Conference in Melbourne. [www.PamelaBlanc.com](http://www.PamelaBlanc.com)

There will be the options of coming for a day and student discounts. Lunch will be included in the conference fees. A full list of the fee options and registration details for the conference, and the post conference workshops with Pamela

Blanc will be available soon.

We are hoping to find a hotel to give us a special rate for conference participants traveling from interstate.

There will be functions on the Friday and Saturday night.

### **Post Conference Workshops with Pamela Blanc**

#### **Melbourne**

October 7<sup>th</sup> and 8<sup>th</sup> - 9.00am to 5.00pm.

Venue TBC

Cost : \$250.00

#### **Sydney**

October 12<sup>th</sup> and 13<sup>th</sup> 9.00am to 5.00pm.

Venue: Cammeray Golf Club, Park Ave, Cremorne

Cost \$250.00

### **Call for Conference Presenters**

If you are interested in giving a presentation or running a workshop please send details to [Penny@harmonicmotion.com.au](mailto:Penny@harmonicmotion.com.au) or call her on 0428 377 060.

### **A conference is a time to**

- share ideas,
- share work,
- learn something new,
- feel empowered as our community gathers.

You always feel good after an AUSTAT conference!  
Looking forward to seeing you there.



Website



Members Login



Facebook

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This enews issue was compiled by Chris Raff.

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](mailto:info@austat.org.au)

Helen Thomson  
Newsletter Compiler

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