

From: AUSTAT <info@austat.org.au>
Sent: Wednesday, 19 June 2019 7:06 PM
To: Karen
Subject: AUSTAT NEWS - June 2019

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AUSTAT NEWS

June 2019

Council has been busy of late, with two recent meetings:

On 2 June, to further discuss the Strategic Plan – to be put to the membership shortly

On 9 June, for a regular monthly meeting – various matters discussed, including:

- the AUSTAT website
- changing the website host
- doing away with the 1300 phone number, and instead using the Secretary's mobile phone number
- Assessment Project – there have been only 2 volunteers to take part in the Project, despite several calls for volunteers. It was decided to proceed with Stage 1 of the project with only 2 participants (see below)
- arrangements for the Conference and AGM
- approval of provision of \$1,800 to Janet Davies for full access to her research article in the Journal Bodywork and Movement Therapies (see AUSTAT website for full article)

AUSTAT Council has 4 requests of members:

1. AUSTAT Council wishes to help members build their practice. We are planning a session at the Conference on "Building a Successful Practice" and

- are looking for teachers who are already running a successful practice to join a panel to lead the discussion
2. Business Mentors – AUSTAT Council are seeking members who are prepared to be a business mentor to other teachers. If you are interested in doing this we would like to have your contact details on the members' section of the website so teachers can contact you if they would like a business mentor
 3. AUSTAT Council would like to have a representative in each state/territory to be the co-ordinator of professional development gatherings
 4. Book Club – a book club can be run via zoom to read and discuss books on the Alexander Technique. This means that teachers from anywhere in Australia can join the discussion. It can be a monthly meeting. We are looking for someone to co-ordinate this

If you are interested in being involved in any of the above four initiatives, please contact Penny at penny@harmonicmotion.com.au

ASSESSMENT PROJECT

Congratulations and a big "thank you" to Simon Fitzgibbon and Michael Stenning for volunteering to form the assessment project team for AUSTAT.

MEMBERSHIP

AUSTAT Council thanks you for contributing to the advancement of our profession over the past 12 months. Together we are building a strong professional society. We thank those members who have promptly paid their membership fees, and wish to remind everyone that their membership is due on 30 June. We apologise again to any members who received an overdue invoice.

AUSTAT WEBSITE

AUSTAT is looking for members who are interested in improving our website by conducting a review of content and presentation. Improvements will progressively be passed to Council to vote on implementation. AUSTAT would like the assistance of anyone who has expertise in online marketing, website design and/or skills in clear communication of Alexander Technique.

ADMINISTRATIVE SUPPORT

Council is also looking for members who would be able to provide administrative support on an occasional basis.

If you are interested in assisting with either of the above or have any questions, please contact Karen Nankervis at info@austat.org.au



AT Social Gathering

An invitation to members in or near Melbourne to a gathering for dinner and socialising

Friday 2 August, 6pm-8pm, Green Mans Arms
418 Lygon Street (corner Elgin St), Carlton
<https://greenmansarms.com.au/>

Food & drinks include everything except meat.
Entrees \$7-\$16 Mains \$14-\$22.
Or pre-order "FeedMe" feast \$38/head.

RSVP by 30 July, notifying any dietary requirements and if you want to pre-order \$38 feast option to Cathy Dowden
dowden.cathy@gmail.com

Motions for the next AGM

If any member is intending to put a motion to the 2018 AGM, please consider publicising your intention in this newsletter or ITM ahead of official submission. The membership can make a more informed decision when there is time to understand the reasoning and implications of a motion. Once the official deadline of **26th September 2019** has passed, a motion may only be amended at the AGM. It will help your motion if the membership are involved in discussion and may offer you the chance to refine the wording so that a clearly expressed, well supported motion is presented to the AGM.



Articles needed for the Winter ITM

Have you read a great book, been to an interesting workshop, like to share your thoughts, or share something you have learnt? Please send it through

to info@austat.org.au by end of June.

Thanks!

I love our Alexander Community and I look forward to seeing as many of you as can make it to the Melbourne Conference in October.
We can inspire each other and learn from each other.

Penny McDonald



AUSTAT Conference 2019, Melbourne

“The Breath of Life and Movement”

with Pamela Blanc

In the year of F M Alexander's 150th birthday we celebrate the man known as the 'Breathing Man' and welcome Pamela Blanc, master Alexander Technique teacher and senior teacher in the Art of Breathing.

October 4 (4pm-9pm) 5 and 6 (9am-5pm)

Conference Dinner 6pm-10pm, Saturday 5 October

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

Venue: **Victorian College of the Arts**

Building 879m 28 Dodds St, Southbank, Melbourne

Walking distance from Flinders St Station

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

Ticket sales are now open

Book at <https://www.trybooking.com/BBBWP>

Early bird prices apply for full AUSTAT members until 1 September 2019, so book early.

Ticket price includes pizzas Friday night, dinner Saturday night and lunches on Saturday and Sunday.

Full Conference ticket: \$455, Early Bird \$355

Friday only ticket: \$75, Early Bird \$55

Saturday only ticket: \$240, Early Bird \$190

Sunday only ticket: \$170, Early Bird \$120

Rates available for Students, Observers and non-AUSTAT members - see online booking page for details.

The next *In the Moment* will include the Conference programme.

AUSTAT Conference Schedule Summary (as at 10.6.19)

Community discussions and events featuring panels of distinguished and experienced teachers on Continuing Personal Development, Building a Practice, and other topics

Small group Workshops with international guest teacher Pamela Blanc on "The Breath of Life and Movement"

Additional Saturday workshops include:

- Coming to Our Senses – With Alexander's Principles by Diana Devitt-Dawson
- Living in Your Axis – Lessons from Barbara Clark by Shona Innes
- Attitude and Perception: Developing Our Quality of Attention by Michael Stenning
- Hands On – Working with Horse Riders by Margaret McGill
- The Embodied Hand by Jeremy Woolhouse

Additional Sunday workshops include:

- FM meets Bodymapping by Jane Shellshear
 - The ABC 'art, beauty and compassion' of folding by Raymond Taylor
 - Translating the AT for Health Professionals and applying it to Dentistry by Aniko Ball
 - Breath, Sound and Song by Jane Coker
 - "When Your Back is ready, you will be able to teach" FM Alexander by Simon Fitzgibbon
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Accommodation

This year we have arranged a special accommodation rate with Seasons Botanic Gardens. As a conference attendee you can book a Studio Queen room apartment for \$155 per night or a 2 bedroom apartment for \$245 per night. This accommodation is very comfortable, clean, some with views and is located less than 10 minutes walk from the conference venue. There is the added benefit of being the location of the conference dinner on Saturday 5 October and the post conference workshop in Melbourne. The hotel is across the road from the Shrine on St Kilda Road, in an attractive and convenient position for public transport and Melbourne's central sights.

To book click the link below, go to "Book Your Stay" in the side bar of your computer or the "Book" tab on your mobile phone, and log in under "client login" using the following user name and password to receive the special rate.

<http://www.sahg.com.au/seasons-botanic-gardens-melbourne>

Username: AUSTAT

Password: Welcome1

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.

Post Conference Workshops with Pamela Blanc

Melbourne

October 7th and 8th - 9.00am to 5.00pm.

Venue Seasons Botanic Gardens, 348 St Kilda Road Melbourne

Cost : \$250.00

Sydney

October 12th and 13th 9.00am to 5.00pm.

Venue: Cammeray Golf Club, Park Ave, Cremorne

Cost \$250.00

Book at <https://www.trybooking.com/BBBWP>



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.

Letters to the Editor – short, concise letters are invited for inclusion in this monthly newsletter.

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

Helen Thomson
Newsletter Compiler



Website



Members Login



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