

From: AUSTAT <info@austat.org.au>
Sent: Friday, 18 October 2019 5:23 PM
To: Karen
Subject: AUSTAT NEWS - October 2019

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AUSTAT NEWS

October 2019

Council Report

Council held a face-to-face meeting in Melbourne prior to the start of the Conference on Friday 4 October. Matters discussed were:

- Continuing improvements to website
- Preparation for AGM on 10 November
- Council vacancies – 2 Council members needed
- New Teacher, Julianne Bolton, who has graduated from the Canberra Alexander School
- New student member, Pemra Kahraman, to train at SOFMAS
- Council voted that Michael Stenning be funded \$500 for travel expenses relating to collaboration and research pertaining to competencies in training
- Natural Therapies review update
- Simon Fitzgibbon has resigned from the Assessment Project – see below

AUSTAT CONFERENCE – 4-6 October

The recent Conference held in Melbourne was a great success. Over 60 members, students and others attended, and I am sure those who did will be in agreement.

Thanks and appreciation go to first and foremost our Keynote Speaker, Pamela Blanc, as well as other presenters – Diana Devitt-Dawson, Lawrence Bruce, Terry Fitzgerald, Michael Stenning, Shona Innes, Jeremy Woolhouse, Jane Coker, Jane Shellshear, Raymond Taylor, Dr Aniko Ball, Simon Fitzgerald, Janet Davies.

On the Friday night, we were treated to two performances, the first featuring Harmonic Motion Alexander Teacher Training, the second a “Who Do You Think You Are?” of F.M. Alexander.

In addition, those who led and took part in discussions about “Building a Successful Practice”, the discussion with Heads of Training, and “Marketing the Alexander Technique”.

Without the wonderful organisation by Penny McDonald and Caroline Blackshaw the Conference would not have run so smoothly – they thought of everything!!

After the Conference, Pamela Blanc held workshops in Melbourne and Sydney, ably assisted by Janette Costin.

PAMELA BLANC MELBOURNE WORKSHOP

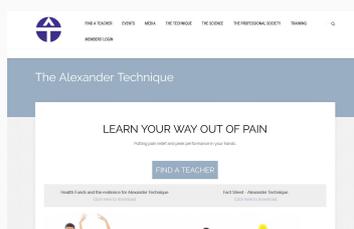
On the Monday and Tuesday following the Conference, 18 teachers attended the “Art of Breathing” workshop with Pamela.

PAMELA BLANC SYDNEY WORKSHOP

The weekend following the Conference, it was Sydney’s turn to benefit from Pamela’s teaching of the “Art of Breathing” – 11 teachers benefited from the experience.



Pamela's Sydney Workshop



AUSTAT WEBSITE

The website is being continually updated and improved. A reminder to members to keep your details up-to-date and if possible include a photo of yourself.

ASSESSMENT PROJECT

Simon Fitzsimmons has resigned from the project, leaving just Michael Stenning. Please consider whether you can assist in this. If you are interested and/or would like further information, please contact: info@austat.org.au



INTERNATIONAL LIAISON

Following an approach from The Canadian Society of Teachers of The Alexander Technique (CANSTAT), Council has decided to investigate whether we could foster collaboration with other Affiliated Societies to collaborate on matters of mutual interest and to share resources. If you would be interested and/or have contacts in other ATAS societies, council would welcome your assistance. info@austat.org.au

STRATEGIC PLAN FEEDBACK

Draft copies of the AUSTAT Strategic Plan 2019-2025 have been made available and can also be accessed from the website. We are keen receive feedback from members. Please send your comments to: info@austat.org.au



AGM - Sunday 10 November

[AGM Notice](#)

Venues will be in Melbourne and Sydney; any other venues by application. Those venues which have more than 5 attendees may apply for reimbursement of catering and other expenses.

[Council Vacancies](#)

Please consider whether you can make a contribution to our Society by putting your name forward to stand for election to AUSTAT Council at the AGM.

[Proxies](#)

If you are unable to attend the AGM, please take part by appointing a proxy to vote on your behalf.

[Proxy Form](#)



AT Social Gathering – Melbourne

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

Wednesday 30 October, 6.30pm

Green Mans Arms

418 Lygon Street (corner Elgin St), Carlton

<https://greenmansarms.com.au/>

We enjoyed the excellent food and the venue (noise levels ok for conversation!) so much last time, let's go there again.

Food & drinks include everything except meat **\$38/head**.

Set menu feast catering for any dietary requirements.

RSVP by 27 October notifying any **dietary** requirements to Cathy Dowden dowden.cathy@gmail.com

Upcoming events:

Click on the link for event page on AUSTAT website

2019

[October 26th - Head to Pelvis - Connections in Movement - Melbourne](#)

[October 30th - AT Social Gathering - Melbourne](#)

[November 17th-18th - CPD AT Retreat in Canberra](#)

2020

[January 5th-12th - Ease on Skis - Austria](#)

[January 8th-22nd - Bruce Fertman's Post Graduate course in Sydney](#)

February - John Nicholls workshops in Melbourne and Sydney scroll through events for full list

March 21st-25th - SOFMAS Residential Course - Healesville

July/August - 3rd International Alexandra Teachers Convention - Ireland

September 12th-17th - Yoga and Alexander Technique - Queensland

October 31st-November 3rd - Caren Bayer in Melbourne

November 7th-9th - Caren Bayer in Melbourne

2021

12th International Alexander Technique Congress - Germany

Free to a good home

Conference phone

AUSTAT has a conference phone which is no longer needed.

It is a Polycon SoundStation.

If you or anyone you know is interested, please contact Helen Thomson –
helenthomson@optusnet.com.au or 0419 148 192



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



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