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News from ASPAAH Executive Committee

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LETTER FROM THE EDITOR

Dear <<First Name>>,

Happy New Year! I hope everyone has had a chance for a refreshing break and found somewhere to cool off out of the summer heat. The Committee is getting ready to gear up for 2018 with the first meeting of the year at the end of this month.

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and news to be included in this bi-monthly newsletter. We have also introduced an advertising option which is free to members! Simply email content to media@aspah.org.au by February 28th to be considered for publication in the next issue.

Keep healthy and well,

Camilla

IN THIS NEWSLETTER

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Local Chapters 2018

In 2018 ASPAH is hoping to support regional activities across the country, with chairs delegated for each state to co-ordinate, lead and energise initiatives in the performing arts healthcare field.

We would like to call on the Membership to be actively involved in these Local Chapters, and to share their own initiatives and events with us so that ASPAH Members can get involved and benefit from them. It is important that our community can remain connected and continue learning and collaborating between larger face-to-face meetings, such as the Symposium.

If you are interested in being involved in or establishing a Local Chapter, or if you have events or ideas for activities in the coming year that you would like ASPAH to support, please get in touch by emailing admin@aspah.org.au

Following is a description of one of the Chapters that has been active throughout 2017, and will continue through this year.

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Victoria

A small group of active and enthusiastic members of the Victorian Chapter have held events throughout 2017. The chapter's first strategy was to share and learn from the strengths that lay within the group, so the Chair, Margaret Osborne, initiated a fluid series of interdisciplinary knowledge sharing workshop experiences. Topics have included Alexander Technique, Acceptance and Commitment Therapy (ACT), and Guided Imagery & Music, with keyboards for small hands and life balance for performers sessions scheduled for this month.

In line with outreach initiatives being developed by the Executive Committee for 2018, the Victorian group will also focus on strategies for connecting with the wider performing arts community. Suggestions of performing arts groups (orchestras, dance and theatre schools, choirs, etc) who may be interested in ASPAAH workshops, and recommendations of promotional avenues such as newsletters and social media will be very welcome.

Contact: Margaret Osborne mosborne@unimelb.edu.au

INTRODUCING NEW ASPAAH MEMBERS!

We have recently started inviting brand new ASPAAH members to introduce themselves to the community. Welcome aboard!

LISA CONLAN-HOLOWNIA

I am a Brisbane-based professional freelance musician, band conductor, piano accompanist and teacher. My main professional instrument is the french horn, which I have played both here in Australia with most of the main orchestras, and overseas in the UK. I currently perform regularly as a soloist and with small ensembles, and have my own ensemble, called Resonance, which I encourage you to look out for. I am also a semi-professional visual

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ArtWest Community Galleries, as I live on the west side of Brisbane. I have recently completed a Masters' Degree in Guidance and Counselling at UQ, and have decided to focus on performing arts counselling, and career guidance. I feel that not all of us need to go down the psychologist/psychiatrist road, and that a qualified counsellor who is also in the performing arts would be a valuable service for other artists.

FREE ADVERTISING IN THE ASPAH NEWSLETTER

A new benefit for ASPAH members; we are now welcoming advertisements to be published in our bi-monthly newsletter, offered free of charge to members!

For conditions and guidelines please refer to our [Advertising Rates and Specifications](#)

To submit content, email media@aspah.org.au

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We have a new FAQs page on our website to help Members get the most out of their accounts and have questions answered quickly and efficiently:

<https://www.aspah.org.au/frequently-asked-questions/>

If there are other questions you believe should be on this list, please email your suggestions to admin@aspah.org.au

MEDICAL PROBLEMS OF PERFORMING ARTISTS

LATEST RESEARCH TITLES!

Access to the MPPA database is included in an ASPAH membership - click the below JOIN ASPAH NOW button to read this latest research in

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[Phon microsurgery in Vocal Fold Nodules: Quantification of Outcomes in Professional and Non-Professional Voice Users](#)

Philipp P. Caffier, Tatjana Salmen, Tatiana Ermakova, Eleanor Forbes, Seo-Rin Ko, Wen Song, Manfred Gross, Tadeus Nawka

[Musculoskeletal Symptoms Among Finnish Professional Orchestra Musicians](#)

Katriina Viljamaa, Juha Liira, Seppo Kaakkola, Aslak Savolainen

[Fundamental Tongue Motions for Trumpet Playing: A Study Using Cine Magnetic Resonance Imaging \(Cine MRI\)](#)

Hiroko Furuhashi, Toru Chikui, Daisuke Inadomi, Tomoko Shiraishi, Kazunori Yoshiura

[Movements of the Tongue during Lip Trills in Horn Players: Real-Time MRI Insights](#)

Peter W. Iltis, Jens Frahm, Dirk Voit, Arun Joseph, Eckart Altenmüller, Aaron Miller

[Musicians are High Consumers of Complementary and Alternative Healthcare Services: The Norwegian Musicians Health Project](#)

Jonas Vaag, Ottar Bjerkeset

[Gender Diversity, Sexual Orientation, and Bone Health in the Maturing Dancer](#)

[Review]

Derrick D. Brown

[Eating Disorders in Non-Dance Performing Artists: A Systematic Literature Review](#)

[Review]

Marianna Evangelia Kapsetaki, Charlie Easmon

[Medical Issues in Playing the Oboe: A Literature Review](#) [Review]

Sofia Banzhoff, Maria del Mar Roperro, Gabriele Menzel, Tatjana Salmen, Manfred Gross, Philipp P. Caffier

[Celebrating Our Reviewers \[2017\]](#) [Editorial]

Bronwen J. Ackermann [Free](#)

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JOIN ASPAH NOW!

2018 MEMBERSHIP BENEFITS

Becoming a member of ASPAH gives individuals the chance to be part of new developments in the Australian performing arts healthcare landscape. Members are given the opportunity to make a personal contribution to changing the lives of performing artists for the better.

Membership benefits include:

- Access to the Health Services Database
- Full annual subscription to Medical Problems of Performing Artists
- One year free subscription to dancetrain magazine in first year of membership
- Association with a network of leading performing arts professionals, clinicians and researchers
- Access to webinars, podcasts and other resources for professional development
- Discounted registration for ASPAH conferences and other events
- Free advertising in ASPAH bi-monthly e-newsletters
- Access to Local Chapter events
- Opportunity to run Local Chapter events
- Receive regular news about local, regional and national performing arts healthcare events
- The right to vote and hold office in the Society

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