

News from ASPAH Executive Committee

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Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

Here we are at the November newsletter. It's hard to believe that the end of 2020 is just around the corner. As borders and indeed performance venues continue to re-open, I do hope you're starting to see the light at the end of this strange time.

ASP AH are ending the year with an exciting newsletter, containing information about our upcoming webinars, some new announcements, another 'Meet the ASP AH Members' feature and our request for your help in shaping the new ASP AH constitution.

As always, members are encouraged to send in their upcoming events, articles, news, and relevant advertisements to be included in this bi-monthly newsletter, free of charge. Simply email content to media@aspah.org.au by 31 January 2021, to be considered for publication in the next issue.

All the very best,
Tamara

IN THIS NEWSLETTER

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3. Meet the ASP AH Members: Valentyna Solowij
4. Constitution Revision
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PRESIDENT'S REPORT

As we come to the end of the year, a year like we've never seen before, it's important to acknowledge the positives we've achieved during extremely difficult times. With the unfortunate, but necessary, cancellation of ASPAH's 2020 Conference, we instead turned our hand to online events, bringing you a series of stimulating roundtable discussions, panel sessions and webinars. Thank you to our wonderful ASPAH Conference Working Group for arranging these, to all the presenters, and to our members who have supported the events. We still have a few more online events for 2020 (see below), including a webinar on 23 November, tailored specifically for performing arts teachers and educators. Please register to join the session and pass the information on to your friends and colleagues.

Also on the bright side, the unexpected turn of events of COVID-19 has provided us with the opportunity to review and revise ASPAH's Constitution. Over recent years, there's been small changes in our governance and administration, so this year we've spent some time revising our Constitution to reflect our present situation. We recently sent a copy of the draft new Constitution to all ASPAH members, and we are very keen to receive your feedback before finalising the document. Please send any comments or feedback you have about this new Constitution to admin@aspah.org.au by 30 November.

We've recently farewelled some wonderful ASPAH Executive Committee members. Amy Naumann, a talented musician and physiotherapist, has been a member of the ASPAH Committee for a number of years, and will moving on to focus on her work as a clinician and clinical educator. Amy has made brilliant contributions to many ASPAH projects including designing and editing our recently updated "Collection of Healthcare Guides" and the "Help Your Show Go On" guide for performing artists. Thank you, Amy, for your contributions, we wish you all the best for the future.

The wonderful Janet Karin OAM has also decided to step down from the Executive Committee and will be deeply missed by all. Janet has been an absolute rock for ASPAH over many years, serving as Vice President and President, and making invaluable contributions to our Constitution revision. Janet is held in the highest regard in the arts, education, research and health spheres and has brought a wealth of experience, wisdom and passion to ASPAH. Janet, we wish you all the very best for the future and sincerely thank you for all you have done for ASPAH.

Approaching the end of another year means it will soon be time to open up our call for nominations to the ASPAH Executive Committee. Details about the nomination process will be sent to all ASPAH members in December. If you are interested in joining the Committee and being involved in supporting performing arts healthcare in Australia, please look out for the nomination information in December.
Best wishes to you all,

Dr Rachel Ward
ASPAH President

**UPCOMING WEBINAR:
What's New - An informative information session for
teachers and educators in performing arts**

ASPAH Australian Society for Performing Arts Healthcare

FREE WEBINAR *

**WHAT'S NEW -
AN
INFORMATIVE SESSION FOR
TEACHERS AND EDUCATORS IN
PERFORMING ARTS**

5 short presentations from Australian researchers
and/or clinicians in performing arts on -
reducing injury, hypermobility, perfectionism, and
optimal nutrition

**MONDAY 23 NOVEMBER 2020
7PM (AEST)/8PM (AEDT)**

www.aspah.org.au/online-events

*Registration essential.

ASPAH are proud to present the first webinar in our 'What's New' series. Join us for short presentations from:

Fumi Somehara @fumi_dancersdontdiet
Dietitian at DDD Centre for Recovery
“Nutrition: The Power of Eating Enough”

Melanie Fuller @MFullerPhysio
Sports and Exercise + Musculoskeletal Physiotherapist/PhD Candidate
“Reducing Injury: What Does the Evidence Say?”

Assoc Prof Leslie Nicholson @leslieln, and Dr Clifton Chan @CliftonChan

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Dr Peta Blevins @petablevins

Dance Scientist/Researcher

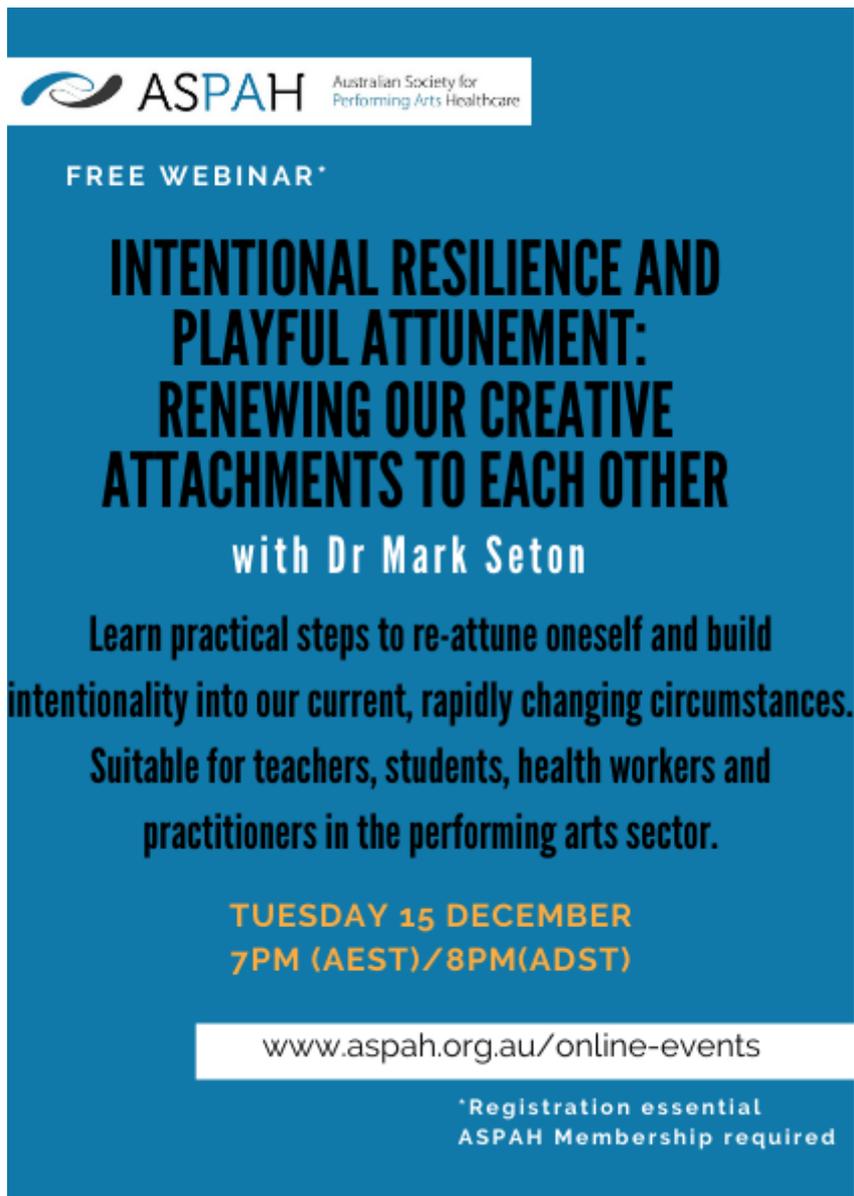
“In Pursuit of Excellence: The Healthier Alternative to Perfection”

Monday 23 November, 2020

7pm (AEST)/8pm (AEDT)

REGISTER HERE

**DECEMBER WEBINAR:
Intentional Resilience and Playful Attunement:
Renewing our Creative Attachments to Each Other**



 **ASPAH** Australian Society for
Performing Arts Healthcare

FREE WEBINAR*

**INTENTIONAL RESILIENCE AND
PLAYFUL ATTUNEMENT:
RENEWING OUR CREATIVE
ATTACHMENTS TO EACH OTHER**

with Dr Mark Seton

**Learn practical steps to re-attune oneself and build
intentionality into our current, rapidly changing circumstances.
Suitable for teachers, students, health workers and
practitioners in the performing arts sector.**

**TUESDAY 15 DECEMBER
7PM (AEST)/8PM(ADST)**

www.aspah.org.au/online-events

*Registration essential
ASP AH Membership required

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include the psychological wellbeing of performing artists, ethical teaching and research practices in Higher Education Creative and Performing Arts, and discourses of spirituality.

Dr Seton (PhD) will assess the effects of Covid19 on our personal, interpersonal, social and artistic connection. Join Dr Seton as he offers valuable insights and introduces practical steps to re-attune oneself and build intentionality into our current, rapidly changing circumstances. Suitable for teachers, students, health workers and practitioners in the performing arts sector.

Tuesday 15 December, 2020

7pm (AEST)/8pm (AEDT)

REGISTER HERE

MEET THE ASPAH MEMBERS: VALENTYNA SOLOWIJ



"I am a musculoskeletal physiotherapist with 40 years of experience and a particular interest in spinal conditions/TMJ/vocal physiotherapy. In addition, I have been a performing member of the State Opera of South Australia chorus since 1995 and have taught singing to both adults and children for over 15 years, using the Estill method. Personal experience of muscle tension dysphonia (MTD) and TMJ issues has given me empathy with performers and insight into the career challenges they face. My innovative approach to management incorporates the whole spine, including the lumbopelvic region, achieving significant and long lasting improvement. Education, lifestyle changes and a simple exercise routine are the keys to self-management. "

Welcome to ASPAH, Valentyna. We look forward to connecting with you through our online events, and eventually in person at the next conference in November 2021.

ASPAH CONSTITUTION REVISION

As mentioned in the President report, The Australian Society for Performing Arts Healthcare is currently revising our constitution, after its initial adoption in 2006 and revision in 2010. ASPAH still abides by its founding vision: to serve as the peak body in Australia for the promotion of holistic healthcare for all in the performing arts industry. Over recent years, small changes in our governance and administration have improved our day-to-day and overall functionality, so it is now time to revise our Constitution to reflect our present situation, including the role of technology.

The 2020 draft Constitution has been prepared by the ASPAH Executive Committee with guidance from Fair Trading NSW, the Australian Charities and Not for Profits Commission, and Justice Connect (Not-for-profit Law).

2020 DRAFT CONSTITUTION

COMPARISON OF 2010 & 2020 CONSTITUTIONS

There are four stages to adopting the new Constitution:

1. We are asking you to review the constitution draft (above) and send comments, feedback and questions regarding the draft new Constitution by **30 November 2020**.
2. We will return the Constitution document to you with any necessary edits in **December 2020**.
3. We will ask you to vote on adoption of the revised Constitution at our next Annual General Meeting (AGM) which will be held online on **23 February 2021**.
4. We will send the adopted 2020 Constitution to Fair Trading NSW for registration as our official Constitution.

To assist you in examining the 2020 draft Constitution, we have also provided a document containing an explanation of the changes and a side-by-side comparison of the old and new Constitution. Please send any questions, observations or feedback you may have to admin@aspah.org.au by **30 November 2020**.

MEDICAL PROBLEMS OF PERFORMING

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LATEST RESEARCH TITLES

Access to the MPPA database can be included in an ASPAH membership - click the below JOIN ASPAH NOW button to read this latest research in performing arts healthcare, if you are not already a member.

[Characteristics and Extent of Mental Health Issues in Contemporary Dance](#)

[Students](#) *D. van Winden, R.M. van Rijn, G.J.P. Savelsbergh, R.R.D. Oudejans, J.H. Stubbe*

[Comparison of Strength and Dexterity in Professional and Student Violinists:](#)

[Setting Foundations to Guide Rehabilitation](#) *Valeria Prada, Laura Mori, Elena Prato, Mehrmaz Hamedani, Susanna Accogli, Marina Grandis, Angelo Schenone*

[Musicians Have Thicker Median Nerve Cross Sectional Area and More Symptoms of Carpal Tunnel Than Non-Musicians](#) *Emily Pratt, Henning Vauth, Gary McIlvain, Mark K. Timmons*

[Shoulder Range of Motion and Strength Characteristics in Circus Acrobats](#) *Carlie Huberman, Melissa Scales, Srikant Vallabhajosula*

[Rates and Patterns of Playing-Related Musculoskeletal Disorders in Drummers](#)
[OPEN ACCESS] *Nadia R. Azar* **Free**

[Violists and Violinists Report More Intense Hand Pain on NRS Than Other](#)

[Orchestra Musicians](#) *Martti Vastamäki, Heidi Vastamäki, Leena Ristolainen, Katri Laimi, Mikhail Saltychev*

[Occupational Health Problems of Classical Guitarists](#) *Nabeel Zuhdi, Kris Chesky, Sajid Surve, Yein Lee*

ASP AH is proudly supported by:



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ASP AH is now on Instagram!



2020 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:

- Professional Listing on ASPAH's online Directory of Members
- Full annual subscription to Medical Problems of Performing Artists*
- Association with a network of leading performing arts professionals, clinicians and researchers
- Access to resources for professional development
- Discounted registration for ASPAH conferences and other events
- Free advertising in ASPAH bi-monthly e-newsletters
- Opportunity to run local events
- Receive regular news about local, regional and national performing arts healthcare events
- The right to vote and hold office in the Society

*Available in select membership categories

JOIN ASPAH NOW!

The Australian Society for Performing Arts Healthcare is a registered charity.
All donations over AUD\$2.00 are tax deductible.

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