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Autumn News Updates from ASPAH

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Dear <<First Name>>,

Welcome to our Autumn Newsletter 2014. In this issue, we are delighted to bring you news of our

- Health Partnerships for the Performing Arts Grant
- Interview with Judy Wood - Executive Committee
- Call for Papers for the 2014 ASPAH Symposium
- Local Chapters
- Change of Office Bearer - Executive Committee

With best regards

Dr Paul Duff
President

**ASPAH**Australian Society for
Performing Arts Healthcare

ASPAH Health Partnerships for the Performing Arts Grant

Workshop Helps Beat Health Problems for Musicians in Newcastle

The first recipient of ASPAH's *Healthy Partnerships for the Performing Arts* grant was Dr Anne Berry, Newcastle based cello teacher and performer. Thanks to this grant, Dr Berry was able to invite the Newcastle community to participate in Alexander Technique workshops in December last year.

The workshop program attracted 25 participants, including music students, performing arts teachers and healthcare providers. It was aimed at the needs of string teachers and performers in preventing and reducing pain as well as improving posture for optimum performance.

Janet Davies, an Alexander teacher and violin teacher at Sydney Conservatorium, was invited to give the workshop. There was one 2-hour evening seminar as well as a 6-hour practical workshop, allowing for both theoretical and practical insight into the application of the Alexander Technique for musicians. Janet conducted group exercises, as well as demonstrating the technique with individuals suffering specific physical issues. She also explored how playing, especially tone production, could be enhanced with the Alexander Technique.

ASPAH is thrilled to offer this grant program once again in 2014, please [visit our website](#) and find

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more information in this newsletter if you are interested in applying.

Healthy Partnerships for the Performing Arts Grant Program

The Australian Society for Performing Arts Healthcare (ASPAH) launched the world's first grant program for community-based health education projects for performing artists at the Society's annual conference on 1st December 2012. The *Healthy Partnerships for the Performing Arts* (HPPA) will be available for two projects that embed health knowledge and expertise within a community for performing artists.

Two awards are available for 2014 to a maximum of \$2000 each

Deadline for submission: 30 June 2014

ASPAH invites applications from groups and institutions for projects that will use the expertise of a health care professional or educator with interest, experience and or skills relevant to the health of performers. This grant application must include at least one ASPAH member to be eligible for consideration.

An eligible project might engage a health expert to run a workshop for performers, teachers and local health providers so that the knowledge and skills stay in the community and networks are built. This could be in a metropolitan or regional setting, in an institution like a college or studio, or in a community group like a choir or dance troupe.

Applicants should first consider the health needs of performers in their community. Next, they should plan a project to improve health knowledge and skills among local performers, teachers, local health providers and other parties. The project should function as a way of both embedding expertise into a studio, arts group, institution or community, and building emerging networks of ongoing support.

Each submission will be reviewed anonymously by the ASPAH Committee. Applicants will be notified by email of the Committee's decision within 6 weeks of submission.

If you would like to discuss aspects of your application before making your submission, you can contact Camilla Tavra (ASPAH Committee Member and Chair of Health Promotions

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Tr](#)Subcommittee) at camilla.tafra@gmail.com

Get to know the Committee that Represents you!

Judy Wood - Executive Committee

As a former long-time bassoonist with the Queensland Symphony Orchestra and currently working as their Occupational Health and Safety Coordinator, Judy combines both practical performance experience with health and injury prevention expertise.

What is your name?

People call me Judy. Only my mother called me by my full name, Judith, when I got into trouble!

Tell us a little bit about your role at the Queensland Symphony Orchestra (QSO)?

My main job is as Orchestra Librarian, with an extended role as Workplace Health Safety and Rehabilitation Coordinator. I coordinate and liaise with the healthcare professionals who run the hearing measurement and physiotherapy programs that support healthy careers of our musicians. I also organise other training for the company, such as first aid and fire training. I supervise return-to-work programs and have a role in the safe set up of the stage and orchestra pits with the aim of reducing any potential health and safety risks.

Why is this so important?

Legislatively, we have to provide a safe workplace. Morally, it is important to look after your employees and keep them as healthy and happy as possible.

How does the work of ASPAH impact on your role at the QSO and the people you deal with?

ASPAH keeps me better informed about musicians' health issues. I find the tips sheets on the website useful; I put them up around QSO. ASPAH also helps me stay in contact with healthcare professional specialists in the area of musicians' health. The ASPAH committee is also a great bunch of committed people that I have been delighted to get to know.

In your downtime, what do you do?

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Family, garden and exercise. Currently I'm doing all three since it's bush turkey season, I need to fight the turkeys away from my newly planted camelias.



This year ASPAH will hold a one-day Symposium in conjunction with the ASPAH AGM.

- Date: 29 November 2014.
- Venue: The University of Sydney
- Abstract submissions due: 9th June 2014

More information can be found [on our website](#).

For more information on submitting abstract proposals for papers, posters or workshops please contact the conference convener at conference@aspah.org.au

Local Chapters

We are reigniting our local chapters around the country! Chapter meetings are opportunities for ASPAH members and other interested individuals to come together to network, share ideas and learn about issues pertaining to performing arts healthcare at a local level. Some events feature prominent national and international speakers while others take the form of an informal coffee meeting. These gatherings are fundamental to building a sense of community and fostering dialogue between our members and guests who are interested in performing arts healthcare.

We have already seen great meet-ups happening in Melbourne, and starting soon in Brisbane this year. If you would like to participate in or establish a local chapter in your own community, please get in touch and we will do our best to help you get started!

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STOP PRESS

Dr Margaret Osborne recently stepped down from the Executive Committee and we thank her for her drive and enthusiasm for the society. We wish her all the best for her work and family. In the interim we welcome Dr Paul Duff as President for 2014.

Dr Paul Duff is a general practitioner in Woy Woy with a VMO appointment to Woy Woy Hospital. His involvement in music dates back to childhood and his days with the Australian Boys Choir from which his interest in singing and singers continues. He was touring medical officer with the Australian Childrens' Choir in 1992 and has been the tour doctor with the Sydney Symphony Orchestra since 1995. He was also heavily involved with the GP Divisions movement through the late 1990s. His other activities include his position as coordinator of the Woy Woy After Hours Medical Service.



ADVERTISEMENTS

Sophie Till: Australia / Singapore 2014

Discover the Taubman / Golandsky
Approach to Strings!

Brisbane:
May 5-13, 2014

Singapore:
May 14-15, 2014

Sophie Till is available to teach privately, small group lessons, technique clinics, masterclasses, and workshops in schools.



For more information on the Taubman /Golandsky Approach:
<http://www.youtube.com/user/GolandskyInstStrings>
http://www.golandskyinstitute.org/about/for_string_musicians

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Contact: therese.milanovic@gmail.com / 0421 477 700
for enquiries and to make a booking.

PROGRAMME

SATURDAY MAY 10

- 9:00 **Revisiting the martele principle:** Applying Taubman principles to this fundamental bow stroke reveals a profound understanding of tone production and articulation.
- 10:00 **Intonation: To hold down or release fingers?** How this basic alignment of the finger, hand and forearm unit reveals a new concept of the fingerboard.
- 11:00 **Morning tea**
11:15 **Teaching in action, Q&A**
12:00 **Lunch**
- 12:45 **How do I hold the violin?** A FAQ by professionals and students of all ages. How the body holds and the left arm gets to the instrument without pulling, twisting or stretching.
- 1:45 **Problem solving passages from the repertoire**
2:45 **How do I hold the bow?** The other most FAQ. How to avoid common wrist and thumb problems, and the experience of a weak top and heavy heel.
- 3:30 **Afternoon tea**
3:45 **Four private lesson slots**
5:45 **Day 1 ends**

SUNDAY MAY 11

- 9:00 **The retraining process:** A glimpse at retraining someone from injury back to performing.
- 10:00 **Moments of magic:** Concrete tools to create those extra special moments by applying the Taubman understanding of the martele stroke with shaping and in and out movements.
- 11:00 **Morning tea**
11:15 **Teaching in action, Q&A**
12:00 **Lunch**
- 12:45 **Chords & double stops:** A toolbox of Taubman principles to navigate these complexities.
- 1:45 **Problem solving passages from the repertoire**
2:45 **Teaching in action Q&A**
3:30 **Afternoon tea**
3:45 **Four private lesson slots**
5:45 **Day 2 ends**

*Program may be subject to change.

BOOKINGS & FURTHER INFO: (including online participants)

www.mtaq.org.au | (07) 3870 4146 | mtaq@mtaq.org.au
www.youtube.com/golandskyinststrings | Suite 26, 200 Moggill Rd, Taringa

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CONCERT

**SOPHIE TILL (violin) &
THERESE MILANOVIC (piano)
IN RECITAL**

FRI 9 MAY 7PM

Theme & Variations, 60 Commercial Rd Newstead

Bach Sonata in E major BWV 1016
Franck Sonata in A major
Janacek Sonata
MacMillan Kiss on Wood
Bartok 1st Rhapsody

\$26 / \$21 / \$16 / family \$80

includes a glass of wine & light snacks at reception with the artists

TICKETS: www.trybooking.com/EATB
Remaining tickets available at the door.

BOOKINGS & FURTHER INFO: (including online participants)

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