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News from ASPAH Executive Committee

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Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

Happy New Year to all our members and supporters! We hope this year brings you health and happiness. In addition to this newsletter ASPAH members will be receiving a Membership Feedback Survey later this month, to help in developing and improving the work of ASPAH in the coming year.

If you are a member and have an event, article or any news you would like to share through the ASPAH newsletter, please send your content through 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

1. Melbourne Symposium
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MELBOURNE SYMPOSIUM

The Performing Wellness Symposium held in Melbourne in December received a lot of interest and positive response from attendees. You can download the abstracts of the papers presented at the symposium [here](#).



PRESIDENT'S REPORT

It is with great pleasure that I write my first President's report for the ASPAH newsletter as the incoming ASPAH president. The ASPAH AGM was held on Saturday the 10th of December in conjunction with the Performing Wellness symposium hosted by the University of Melbourne. The AGM saw the completion the terms of past president Cate Madill, past secretary Judy Nolan and executive committee members Karen Lonsdale and Laura Crocco. The executive committee would like to extended our thanks for the hard work of these outgoing committee members in the governance, administration and promotion of ASPAH. We are also very fortunate to have Dr Margaret Osborne return to the ASPAH executive committee, welcome Margaret! I am pleased to announce the 2017 ASPAH executive committee as; Luke Hopper (President), David Pierce (Vice-President), Clifton Chan (Treasurer), Paul Duff (Secretary), Gene Moyle, Aislinn Sharp, Mark Seton

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and Margaret Osborne. The committee still has open vacancies if you would like to nominate for a position. 2016 marked the 10th birthday of ASPAH as the society continues to serve as the peak body for the promotion of holistic healthcare performing artists in the Australia. The past year saw the launch of the new ASPAH website, the first ASPAH webinars, new membership options and the increased exposure and connection of ASPAH with the community through social media. 2017 presents as an exciting opportunity to build on the initiatives of 2016, through my term as president I hope to establish and support more frequent state chapter meetings as well as engaging the ASPAH membership in the development of position statements and community involvement. We will also continue the promotion of ASPAH through social media and soon announce the 2017 webinar schedule.

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The Show Must Go On is a "social documentary that shines a light on the mental health issues in the Australian entertainment industry" due to air in 2017. Featuring the voices of people in the industry itself, including an interview with an ASPAH member, this seems like a promising project that could highlight these issues for the general public and start some overdue conversations within the performing arts and

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Follow the documentary [here](#).

JOIN THE ASPAH COMMITTEE!

ASPAH is led by a national executive committee of up to 11 individuals who are passionate about the importance of high-quality healthcare for performing artists. The committee includes healthcare professionals, pedagogues, researchers and performing artists.

There are currently casual vacancies on the committee. If you have time, energy, knowledge and skills that you feel would be of value to the committee, please send an expression of interest to secretary@aspah.org.au

Performing Arts Healthcare Blog

ASPAH has recently launched a blog on our website where articles submitted by members can be shared and collated in an accessible format online. We hope this blog will encourage more discussion about performing arts healthcare and motivate people to articulate their ideas so we can continue to learn more and share knowledge.

You can visit the blog [HERE](#).

To submit an article to the blog, please read our [Submission Guidelines](#) and email content to media@aspah.org.au

YOU CAN NOW JOIN ASPAH ANY TIME OF YEAR!

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WITH OUR NEW ROLLING RENEWALS YOUR MEMBERSHIP WILL BE ACTIVE FOR A FULL 12 MONTHS NO MATTER WHEN YOU SIGN UP - THERE'S NEVER BEEN A BETTER TIME TO BECOME A MEMBER AND ENJOY THE BENEFITS WHILE SUPPORTING PERFORMING ARTS HEALTHCARE.

JOIN ASPAH NOW!

2017 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*
- 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 webinars
- 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

MEDICAL PROBLEMS OF PERFORMING ARTISTS

LATEST RESEARCH TITLES!

Access to the MPPA database is included in an ASPAH membership -

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**click the above JOIN ASPAH NOW button to read this latest research
in performing arts healthcare**

[Pain and Posture of Children and Adolescents Who Learn the Accordion as Compared with Non-Musician Students](#) *Liliana Aparicio, Filipa M.B. Lã, Anabela G. Silva*

[Prevalence and Associated Factors for Musculoskeletal Pain and Disability Among Spanish Music Conservatory Students](#) *Beatriz Rodríguez-Romero, Coral Pérez-Valiño, Beatriz Ageitos-Alonso, Sonia Pértega-Díaz*

[Knowledge of Playing-Related Musculoskeletal Disorders Among Classical Piano Students at Tertiary Institutions in Malaysia](#) *Chia-Ying Ling, Fung-Chiat Loo, Titi Rahmawati Hamedon*

[Relationships Among Performance Anxiety, Agari Experience, and Depressive Tendencies in Japanese Music Students](#) *Kurara Bannai, Takayoshi Kase, Shintaro Endo, Kazuo Oishi*

[Lower Extremity Biomechanical Demands During Saut de Chat Leaps](#) *Danielle N. Jarvis, Kornelia Kulig*

[Is Alcohol Consumption Associated with Job Strain Among Professional Musicians?](#) *Mikhail Saltychev, Heidi Vastamäki, Martti Vastamäki, Katri Laimi*
[Imagery-Based Interventions for Music Performance Anxiety: An Integrative Review](#) [Review] *Katherine Finch, David A. Moscovitch*

[Fundamentals of Embouchure in Brass Players: Towards a Definition and Clinical Assessment](#) *Kees H. Woldendorp, Hans Boschma, Anne M. Boonstra, Hans J. Arendzen, Michiel F. Reneman*

[A Significant Upper Arm Injury Sustained While Learning Simon Preston's Alleluyas: A Proposal for Avoiding this Malady](#) [Letter] *René J. Muller* [Free](#)

[Onstage Synergy: Integrative Alexander Technique Practice for Performing Artists. By Cathy Madden.](#) [Book Review] *Judy Palac* [Free](#)

[From Stats to Stage--Translational Research in Performing Arts Medicine](#) [Editorial] *Bronwen J. Ackermann* [Free](#)

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