

**ASPAAH**Australian Society for  
Performing Arts Healthcare

## LETTER FROM THE EDITOR

Dear <<First Name>>,

A very Happy New Year to you! I hope you have found time to re-energize as we embark together on a new trip around the sun. While across the country, each state seems to be at a different stage in terms of recommencing live performing arts, ASPAAH will continue to work on providing both live and online resources so we can continue to connect together, regardless of locations and restrictions.

We are kicking off 2021 with an event in partnership with FLOCK Perth and then the start of our 2021 webinar series online, more of which you can read about below.

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. Members are also welcome to submit think pieces and blogs, which we would be happy to publish. Simply email content to [media@aspah.org.au](mailto:media@aspah.org.au) by 28 February 2021, to be considered for publication in the next issue.

All the very best,  
Tamara

### IN THIS NEWSLETTER

1. President Report
2. Upcoming Webinar: Nutrition for Optimal Performance with Fumi Somehara
3. FLOCK #24: Hosted by ASPAAH and FLOCK
3. Executive Committee Nominations and ASPAAH Annual General Meeting
4. Blog from Dr Jason Lam
5. Wellbeing in the Performing Arts Research- participants needed
6. Latest MPPA titles

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## PRESIDENT'S REPORT

Happy New Year! I hope you all had an enjoyable festive season and some time to relax over the holidays. 2020 was an incredibly difficult year, let's hope that 2021 will be a little brighter.

With the significant effect that the COVID-19 pandemic has had on the performing arts sector, the important role that ASPAH plays in advocating for holistic healthcare for performing artists has never been more important. The ASPAH Executive Committee is gearing up for 2021 and aiming to broaden the impact and contribution ASPAH makes within the performing arts. If you are interested in joining the Committee and being involved in supporting performing arts healthcare in Australia, please submit a nomination to join the Committee. Nominations are now open and will close on Tuesday 9 February 2021. Members of the Executive Committee will be elected and announced at the upcoming AGM on 23 February 2021.

Please enjoy this edition of the newsletter. We look forward to connecting with all our members throughout the year and bringing you information on future ASPAH events and initiatives. Wishing all our members a happy and healthy 2021.

Best wishes,

Dr Rachel Ward  
*ASPAH President*

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## **UPCOMING WEBINAR: Nutrition for Optimal Performance - with Fumi Somehara**

FREE WEBINAR\*

# ***NUTRITION FOR OPTIMAL PERFORMANCE***

***THIS SESSION IS SUITED TO PERFORMING ARTISTS, TEACHERS, EDUCATORS, CLINICIANS, AND ANYONE INTERESTED IN THE HEALTH OF PERFORMING ARTISTS***

**with Fumi Somehara  
Dietitian**

**MONDAY 15 FEBRUARY  
2021  
7PM (AEST)/8PM (ADST)**

**\*Registration essential  
ASPAH Membership required**

ASPAH are proud to present the first event in our 2021 webinar series:

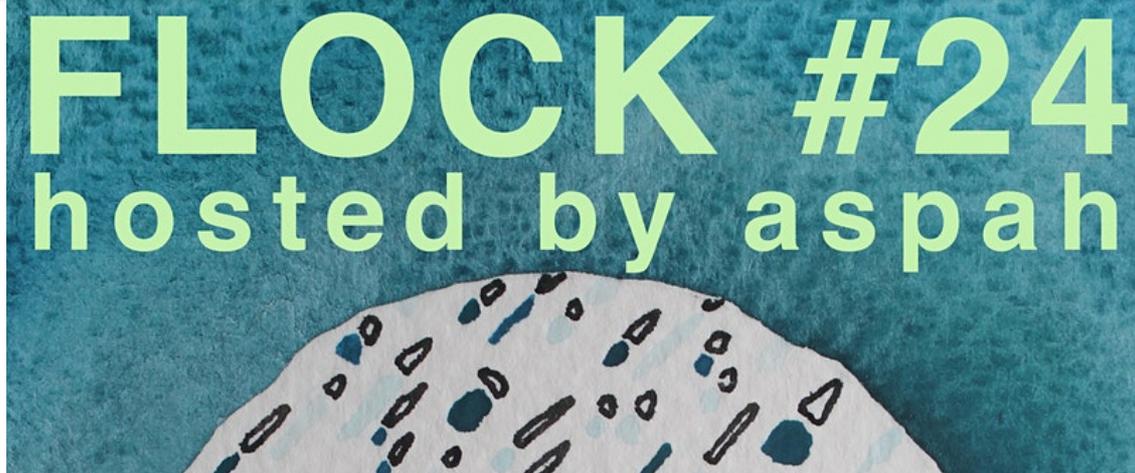
After a very popular session in our 'What's New' series, join celebrated dietitian Fumi Somehara for an informative session on nutrition and well being in performing artists. This will include discussions on developing positive eating habits and management tools for dealing with common nutrition issues.

**REGISTRATIONS ESSENTIAL  
Monday 15 February, 2021  
7pm (AEST)/8pm (AEDT)**

**REGISTER HERE**

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**FLOCK #24 Creative Roundtable**



ASPAH is thrilled to announce FLOCK #24, presented by ASPAH and FLOCK as a recipient of the Paulette Mifsud Memorial Grant. FLOCK present a creative roundtable- connecting independent & freelance artists with health professionals who focus on artist wellbeing.

Facilitated by Shona Erskine and Daisy Saunders, this will be an invigorated, shared exploration of how best to understand and support the health and well-being of independent artists.

The event is available ONLINE and LIVE (Perth).

#### **REGISTRATIONS ESSENTIAL**

**Thursday 4 February 2021**

**3pm (AWST - in person)**

**5pm (AEST - on zoom)**

**6pm (AEDT - on zoom)**

#### **MORE INFO AND TICKETS AVAILABLE HERE**

FLOCK have requested ASPAH members complete this survey to help in ensuring the content at this event is relevant and practical. Please spare a few minutes if you can in helping FLOCK's valuable work.

Follow FLOCK on Social media: [@FlockArtsPerth](https://twitter.com/FlockArtsPerth)

#### **FLOCK PRE-EVENT SURVEY**

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## **ASPAH Executive Committee**

Nominations to the ASPAH Executive Committee are now open. Nominations are for a 2-year term (2021 & 2022). Nominations close Tuesday 9 February, 5pm AWST / 7pm AEST / 8pm AEDT. Information about the nomination process is available [here](#).

## Notice of Annual General Meeting

The Annual General Meeting of the Australian Society for Performing Arts Healthcare will be held on Tuesday 23 February 2021, 5-6pm AWST/7-8pm AEST/8-9pm AEDT. The meeting will be held online via Zoom (meeting link below).

Topic: ASPAH Annual General Meeting

Time: 23 February 2021, 5-6pm AWST/7-8pm AEST, 8-9pm AEDT

Join zoom meeting:

<https://zoom.us/j/98125172682?pwd=c1FBN2pWVSthUnJ1NmZkVDMnN3UT09>

Passcode: 832092

We would appreciate the presence of ASPAH members attending this event as it is a great way to bring the membership together and share ideas.

### The AGM will include:

- a special resolution on adoption of the new ASPAH Constitution,
- election of members to the ASPAH Executive Committee. Information about the nomination process is available [here](#)

[MORE INFORMATION ABOUT NOMINATIONS](#)

[VIEW THE REVISED CONSTITUTION HERE](#)

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## ASPAH MEMBERS PERSPECTIVES ON COVID-19

Long-time ASPAH member, Dr Jason Lam submitted a blog reflecting on a challenging 2020 and how this changes our next steps within the performing arts.

Thank you to Dr Lam for your valuable insight. If you want like to submit a piece to be

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# **Australian Performing Artists & Arts Workers needed!**

**You are invited to complete an online survey on the impact of COVID-19 on psychological wellbeing & resilience in the performing arts**

The survey will take approximately 10 minutes & responses are anonymous.  
Participants must be over 18 years old.

Access the survey here:

[https://eaecu.au1.qualtrics.com/jfe/form/SV\\_235s9kvV](https://eaecu.au1.qualtrics.com/jfe/form/SV_235s9kvV)

[MzA9UwZ](https://eaecu.au1.qualtrics.com/jfe/form/SV_235s9kvV)



This study has received ethical approval from Edith Cowan University



## **MEDICAL PROBLEMS OF PERFORMING ARTISTS 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.**

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[188 Musicians' Earplugs: Do They Affect Performance or Listeners' Perceptions?](#) *Karen S. Thomas, Raychl Smith, Sandra Teglas, Donald A. Hodges*

[196 Self-Reported Wellness in Training and Performance: A Comparison of Professional Ballet Dancers and Professional Athletes](#) *Carly Harrison, Scott Ruddock, Susan Mayes, Jill Cook, Paul O'Halloran, Katia Ferrar, Mandy Ruddock-Hudson*

[202 Upper-Body Posture in Adolescent Pianists: A Cross-Sectional Study](#) *Eleni Pappa, Yannis Koutedakis, Vassilis Sideris, Themistoklis Tsatalas, Giannis Giakas*

[208 Self-Report Fatigue Management for Instrumental Musicians: A Delphi Survey](#) *J. Matt McCrary, Eckart Altenmüller*

[214 Health Problems in Conservatoire Students: A Retrospective Study Focusing on Playing-Related Musculoskeletal Disorders and Mental Health \[MPPA Open Access\]](#) *Suze Steemers, Rogier M. van Rijn, Marienke van Middelkoop, Sita M.A. Bierma-Zeinstra, Janine H. Stubbe*

[221 T2 MRI Mapping of Knee Cartilage in Professional Ballet Dancers](#) *Omer Kazci, Hasan Yigit, Pinar Kosar*

[227 Music to Our Ears: Are Dancers at Risk for High Sound Level Exposure?](#) *Haley Busenbarrick, Kathleen L. Davenport*

[233 Here's To Our Community](#) [Editorial] *Shaw Bronner*

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## 2021 MEMBERSHIP BENEFITS

Becoming a member of ASPAH gives individuals the chance to be part of new developments in the Australian performing arts healthcare landscape.

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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!**

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

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