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News from ASPAH Executive Committee

[View this email in your browser](#)**ASPAH**Australian Society for
Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

The end of the year is fast approaching, and with it our annual conference in Sydney from December 1st-2nd. This newsletter contains links to [read more](#) and register for the [conference](#), some reflections on the legacy of the late [Richard Gill AO](#), a call for volunteers to join the ASPAH committee, and more.

Members are encouraged to send in their upcoming events, articles, news, and relevant advertisements to be included in this bi-monthly newsletter. Simply email content to media@aspah.org.au by December 31st to be considered for publication in the next issue.

Keep healthy and well,

Camilla

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Sadly we start this newsletter edition in memoriam of ASPAH's founding patron, Richard Gill. Richard's memory and legacy will persist as an outstanding champion for the support of performing artists and ASPAH. Our thoughts and wishes go out to Richard's family.

Places are still available for the exciting conference and line up at this year's [ASPAH conference](#) in Sydney, 1st and 2nd of December. Be sure to check out some of the great teaser videos from some of our wonderful presenters on the ASPAH social media [channels](#).

Also, the call is currently open for positions on the executive committee. Please take this opportunity to [join our team](#) and support ASPAH through membership on the committee.

See you in Sydney!

All the best,

Luke

CONFERENCE COUNTDOWN

4 weeks to go!



A promotional graphic for the ASPAH Conference. It features a central portrait of Dr. Shona Halson, the keynote speaker. To the left is a photo of the Sydney Harbour Bridge at night. To the right is the ASPAH logo. Text boxes provide details about the conference topic, dates, location, and the speaker's affiliation.

**BEFORE AND AFTER
THE SPOTLIGHT**
PERFORMANCE PREPARATION
AND RECOVERY

DEC 1ST - 2ND 2018
SOFITEL WENTWORTH
SYDNEY, NSW

KEYNOTE SPEAKER
DR SHONA HALSON
AUSTRALIAN INSTITUTE OF SPORT

ASPAH
Australian Society for
Performing Arts Healthcare

The ASPAH Conference is just around the corner with an amazing two days

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Delegates always walk away feeling inspired and connected!

Some of the presenters have been putting together intro videos to let us know who they are and what they'll be presenting at the event. If you haven't registered for the conference and are unsure what to expect, this is a great way to hear about the diversity of presentations and the fascinating research you can learn about and discuss with us in Sydney.

Just visit our [Youtube channel](#) to check some of these out!

REGISTER NOW!



Remembering Richard Gill

*Personal accounts by
ASPAH Members Camilla Tafra
and Dr Paul Duff*

The outpouring of memories and love of Richard Gill after his passing last weekend has overwhelmed me with the true realisation of how many lives he touched.

It is a truly unique person who can make anyone feel special through a simple gesture or a single interaction. When you met Richard once, you never forgot him, but what is more remarkable is that you also had the sense that he never forgot you.

I only met Richard a few times, and I don't wish to claim that I knew him or can really speak to his life or his impact on others. He was, however, a person who shared so much of himself and his passion all the time. He conducted the Sydney Sinfonietta on the two occasions my compositions were workshopped by the ensemble. It was

creative equals as he worked with myself and other student composers. He took us and our work seriously, and, in turn, we did too.

I also met Richard when the Armidale Youth Orchestra, which I played cello in at the time, toured to Brisbane. We went to the opera one evening and Richard was there. Our conductor approached him and told him about our performance at the art gallery the next day. We all laughed when she told us she'd done this; we were sure someone famous would not give up their time to hear a regional youth orchestra perform a free concert!

But, of course, when we walked onto the make-shift stage at the gallery the next afternoon, there he was. He watched the whole concert, and humbly congratulated our conductor afterwards on her efforts to sustain the study and performance of music in regional areas.

In the competitive world of music, where young musicians are pressured to select repertoire from an exam syllabus and go up against their friends in eisteddfods and auditions, and music educators are often treated as failed performers, Richard made everyone feel valued.

He will be greatly missed, and we long for others like him in the world.

- *Camilla Tafr*

As a very young organisation, ASPAH needed help. The founding Executive Committee thought that one way we could raise our profile would be to have a patron. A simple decision, you would think, but when it actually came to choosing who to ask we found ourselves torn by doubt and indecision. We came up with so many names; actors, dancers, musicians, composers, conductors, comedians... if they were Australian and they were famous we thought of them, only to either get cold feet, or find fault, or dismiss them as too busy or not having a broad enough appeal. We spent meeting after meeting talking about this, and meeting after meeting we put it back in the too hard basket.

I think it was our president at the time, Bronwen Ackermann, who first suggested Richard Gill. I know that when I heard the name suggested a little voice in my head said "Yes, Yes, Yes!" and I think that same voice spoke to everyone else in the room that day. I know we were all a little nervous about asking the great man for the use of his good name, but we didn't have to be. I still have his letter of acceptance where he said that he was "Honoured to be asked and happy to agree to this request".

We in turn were thrilled and honoured to have him speak at our 2011 conference. His full speech can now be found on our [Youtube channel](#). Even allowing for its ordinary

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performers to meet those challenges, and I think everyone who was there that day has felt driven ever since to make his request a reality.

In the years since, my contact with Richard has been via irregular emails written to make sure he was still happy to be our patron. Every time his reply made it sound as if it was us who were doing him a favour. At our last email exchange he mentioned, cryptically, that he had faced a major health scare and the doctor inside me glimpsed dark clouds on the horizon. Still, he sounded optimistic and besides, this was Richard Gill; he would go on forever!

And now he is gone.

In reality, my life was only lightly touched by Richard, but I suspect that it was a mark of his greatness that a light touch was all it took to make a deep impression. When you think of the thousands that Richard must have similarly affected you begin to get a sense of the loss that was suffered by the performing arts world last week.

Farewell, Richard, and thank you for everything you were to ASPAH. It truly was *our* honour.

- *Dr Paul Duff (ASPAH Secretary)*



Richard Gill's speech at the 2011 ASPAH Conference

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Support Performing Arts Healthcare in Australia

Join the ASPAH Committee



Nominations to the ASPAH
Committee are open until 1pm
Sunday 18th November.

For more information:
<https://www.aspah.org.au/>
Email: admin@aspah.org.au

Read More About Committee Nominations

Notice of AGM

The Annual General Meeting of the Australian Society for Performing Arts Healthcare will be held on **December 1st at 12:50pm** EST. The venue will be the **Sofitel Wentworth, 61-101 Phillip Street, Sydney** in the Brisbane Room.

INTRODUCING NEW ASPAH MEMBERS!

Welcome aboard Jeremy!

Would you like to introduce yourself but forgot to do so when you joined?

[Just follow this link](#)

Not a new member but want to let us know what you've been up to?

[Share an update for our next newsletter here](#)



JEREMY WOOLHOUSE

Jeremy Woolhouse is a pianist and teacher of Alexander Technique.

Jeremy's musical background is mostly in small jazz groups, recording and performing original works. During study at VCA in the late 90s, Jeremy began using Alexander Technique to deal with performance related RSI and back pain. Inspired by the impact of Alexander Technique not only on symptoms, but on performance skill, comfort and confidence, Jeremy went on to complete Alexander Technique Teacher training at Melbourne's School of FM Alexander Studies.

Since 2006 Jeremy has been building teaching experience in applying Alexander Technique to a range of conditions and professional applications. His particular niche is in working with musicians and performing artists, with an interest in issues such as RSI, back pain and neck pain and performance anxiety. He is keen on his students achieving independence,

CALL FOR RESEARCH PARTICIPANTS

Ashley Skyring is a researcher with the USyd biomedical school and is currently doing a study investigating how French Horn players develop their understanding of how and what they do, and how accurately applied knowledge of anatomy can play a beneficial role in optimising playing philosophies and avoid playing related complications and injury.

Ashley has created a survey for **medical professionals** who have treated one or more **horn players** for playing related conditions. The survey takes between 15 and 25 minutes, depending on levels of experience, and is best done on a tablet or PC.

If you are an appropriate respondent for this survey and would like to support this performing arts healthcare research, please complete the survey [here](#).

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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.

Subscribe	Past Issues	Translate ▼
	of Performance-Related Musculoskeletal Injuries in High String Musicians <i>Dirk Möller, Nikolaus Ballenberger, Bronwen Ackermann, Christoff Zalpour</i>	
	156 Balance Training in Modern Dancers: Proprioceptive-Neuromuscular Training vs Kinesio Taping <i>Demet Tekin, Ani Agopyan, Gul Baltaci</i>	
	166 Musculoskeletal Health Complaints and Corresponding Risk Factors Among Music Students: Study Process, Analysis Strategies, and Interim Results from a Prospective Cohort Study <i>Nikolaus Ballenberger, Dirk Möller, Christoff Zalpour</i>	
	175 Effects of Playing Position on Hydration Status in Collegiate Marching Band Musicians <i>Nobuo Yasuda, Shuto Ito</i>	
	183 Effect of Using Ergobrass Ergonomic Supports on Postural Muscles in Trumpet, Trombone, and French Horn Players <i>Kevin Price, Alan H.D. Watson</i>	
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	198 Cardiorespiratory Profile and Performance Demands of Elite Hip-Hop Dancers: Breaking and New Style <i>Matthew A. Wyon, Julie Harris, Faye Adams, Ross Cloak, Frances A. Clarke, Janine Bryant</i>	
	205 Combined Acquisition Method of Image and Signal Technique (CAMIST) for Assessment of Temporomandibular Disorders in Performing Arts Medicine <i>Miguel Pais Clemente, Joaquim Gabriel Mendes, Ricardo Vardasca, Afonso Pinhão Ferreira, José Manuel Amarante</i>	
	213 Christoph Wagner (1931-2013): Father of Music Physiology and Musicians' Medicine in Germany [In Memoriam] <i>Ulrike Wohlwender</i> Free	
	214 Prioritising Performance--Where Does Health Fit In? [Editorial] <i>Bronwen J. Ackermann</i> Free	

ASPAH NEWSLETTER

ASPAH members are welcome to send in relevant advertisements to be published in our bi-monthly newsletter, free of charge!

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

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

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:

- 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 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

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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