



## **CANSTAT Member Update – Newsletter #2, 2017**

June 9th, 2017

Dear CANSTAT Members

This letter is your quarterly CANSTAT update from your Executive Council. Here's what we've been working on for our members and more Alexander Technique related news.

### **NEWS FROM CANSTAT COUNCIL**

#### **Successful CANSTAT 2017 AGM**

The CANSTAT Annual General Meeting was held on Sunday **May 7th 2017**. We had a successful turnout, with 45 members present in person or through proxies. Our representatives and committee members presented reports, and there was much discussion over vision and goals, bylaw changes, and other developments. The 2017 minutes will be sent out before our next AGM.

The 2018 CANSTAT AGM is now scheduled for Sunday June 3rd, 1:00 EST or 10:00 PST. Mark your calendars!

#### **Town-hall meetings coming up:**

We now have access to Zoom video conferencing. We are planning on holding "Town Hall" meetings throughout the year to connect with CANSTAT members and hold discussions about important ideas and projects. Our first town hall meeting will be to discuss the Vision and Action plan, and then we will have a second meeting to discuss our new website, which is in progress. Please stay tuned for announcements of meeting dates coming up.

#### **Pro-D Workshops for A.T. teachers and Trainees**

A reminder that professional development money is available to any group of 5 or more A.T. teachers that organize an event according to the guidelines. Helene Bellemare is our Pro-D representative. Please email her at [info@techniquealexander.ca](mailto:info@techniquealexander.ca) for more information or for the applications forms and procedure.



### **CANSTAT dues for 2017/2018**

The CANSTAT treasurer is away from end of May until end of June. As such, payment of annual CANSTAT membership can be made as of July 1st, 2017. If you have recently submitted your membership dues please disregard this message. **A reminder that we now offer a non-teaching category, which is \$75 per year.**

The following options are available for payment of annual membership dues:

1. Send an e-transfer in the amount of \$135.00 for ordinary members (or \$75 for non-teaching members) to: [treasurer@canstat.ca](mailto:treasurer@canstat.ca)

\*Note: Sending an e-transfer will require a password. Please ensure this password is obvious, or e-mail the password to [treasurer@canstat.ca](mailto:treasurer@canstat.ca) just in case. I recommend using the following:

Question: What are alexander's initials?

Answer: FMA

2. Send a cheque to CANSTAT in the amount of \$135.00 to:

CANSTAT

PO Box 20011 FAIRVIEW PO

VANCOUVER BC CANADA

V5Z 0C1

### **ATAS 2017 Meeting - CANSTAT participation**

The 2017 Alexander Technique Affiliated Societies meeting was held in Schmitten, Germany from the 19-21st of May. CANSTAT is a member of the affiliated societies, and participates in these meetings yearly through our ATAS representative, Mark Vasak. In 2016 Mark went to Germany to participate in person, and in 2017 he and our president, Gaby Minnes Brandes, participated via Zoom video conferencing. We will be sending out a report from the ATAS meeting when completed.

### **MORE ALEXANDER TECHNIQUE RELATED INFO**

#### **Newly Published Article**

The article FM Alexander and J Grotowski in dialogue, written by Gabriella Minnes Brandes was published in STATNews, vol 9, issue 7, May 2017. Congratulations, Gaby!

If you have any publications that you would like us to announce, please email us.

#### **A.T. videos, articles, book reviews**

We are always looking for links to new online articles, videos, or books that you find interesting. We would like to include more of this in our newsletters. Please email us if you have something to share.

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**Reminder: AmSAT 2017 Conference, June 2017 in San Diego, California:**

AmSAT's Annual Conference and General Meeting (ACGM) includes five days of continuing education workshops, collegial exchanges and social events, and business meetings. This year's ACGM takes place in San Diego, California, June 14-18, 2017 and you can still participate. [www.amsatonline.org](http://www.amsatonline.org) CANSTAT members Gabriella Minnes Brandes, Malcolm Balk, and Heather Walker are planning on attending: please let us know if you will also be there.

Gaby is presenting a workshop with Claire Rechnitzer entitled "Going Steady: the Shape and Content of meaningful, ongoing Work-Exchange Relationships". Malcolm Balk is presenting "The Art of Running" workshops, and also leading easy morning runs. As representatives of CANSTAT, Gaby and Heather will also be having business meetings with members of the AMSAT council.

**Reminder: STAT 2017 Conference, July 2017, Leeds, England:**

STAT Conference - Leeds Trinity University, 21 - 23 July, 2017: Making Connections

It's not too late to join the conference and AGM. Bookings are still open to allow more people to come and enjoy this summer gathering in Leeds. <http://stat15.wixsite.com/statconference/booking-forms>

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Moving Forwards and up!

Sincerely,

Heather Walker

On behalf of CANSTAT Council-

*Gabriella Minnes Brandes (President and Co-director)*

*Heather Walker (Secretary and Co-director )*

*Mark Vasak (Treasurer and Co-director)*