



## CanSTAT Member Update

CanSTAT  
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September 28, 2015

Dear CanSTAT Member,

This letter is a fall update from your executive Council to keep you connected to CanSTAT progress and news.

### Passing of CanSTAT member:

We are sad to inform you that long-time STAT member Tasha Miller died following a battle with cancer on Tuesday 8th September in Halifax, Nova Scotia, where she had been living and working as a teacher for the previous decade. Her departure was peaceful and without pain.

Tasha trained with Jeanne and Aksel Haahr at the Totnes Alexander Technique Training School in Devon from 1979-83. She taught in Cardiff from 1983-2005 before moving to Canada.

According to those who knew her personally, Tasha was a teacher of utter dedication and uncanny ability, whose effect on her students could be profoundly transformative. She had been amongst the most faithful and gifted exponents of the Alexander Technique.

If you wish to send your condolences to the family please use the information below to contact them directly.

David Langstroth  
633 Purcells Cove Road  
Halifax, Nova Scotia  
Canada, B3P 2G4  
telephone: [+1 902 444 3889](tel:+19024443889)  
[david@alexandertechniqueatlantic.ca](mailto:david@alexandertechniqueatlantic.ca)

Tim Kjeldsen will be organising a small memorial event for Tasha in Cardiff in the near future. If anyone would be interested in participating or attending please contact him so that he let you know when and where. His email address is: [tim.kjeldsen@gmail.com](mailto:tim.kjeldsen@gmail.com).

### International A.T. Congress in Limerick, Ireland

CanSTAT was well represented by the many members that attended the 10th International Alexander Congress in Limerick this summer. Council would like to invite those who attended the congress to submit a highlight of their experience.

A few enthusiastic members have already put forward ideas and asked for further input from council as to what they can submit: It could be a short summary of a workshop you attended or presented, or a key note address that you listened to. We are seeking submissions of your experiences to share with those who did not attend, or those who attended and went to other workshops. We are also looking for limericks that were presented in the 'Limericks at Limerick' evening. Please send submissions by October 9th to Gaby Minnes Brandes: [alexandertechniquecentre@gmail.com](mailto:alexandertechniquecentre@gmail.com) or [gminnesbrandes@gmail.com](mailto:gminnesbrandes@gmail.com).

### CanSTAT committees

Council is currently working to create a stronger foundation and presence for CanSTAT. In order to do this we need your support! Council is currently re-establishing our committees and structure; Committee information and members will be announced as soon as possible. CanSTAT is still looking for new committee members for our Technology and our Public Relations committees. These committees have the opportunity to create a new and exciting presence of the Alexander Technique; not only across Canada, but around the world.

If Council has not contacted you individually but you are interested in being a part of either of these committees, please let us know! Council will confirm all committees once they are established.

### A.T. Awareness Week

International A.T. Awareness Week this year is October 12-18th, 2015.

Promotional materials are available from STAT, and have been emailed to CanSTAT. If you would like copies of the materials, please email [info@CanSTAT](mailto:info@CanSTAT) and Heather Walker will forward these materials to you.

### Work of Executive Council

Your executive council has been meeting once or twice every month and putting in many individual hours to work on a variety of issues. These include:

- Sorting out financial information, banking, signing authority, business addresses
- Processing membership, contact information, dues, accounts, and insurance
- Issuing certificates, overseeing training requirements, liaising with schools
- Re-structuring committees, clarifying mandates, roles & responsibilities
- Liaising with former & current committee members, and soliciting new members
- Monitoring email queries & requests and writing updates for members
- Researching technology updates and getting quotes for website upgrading
- Sorting through boxes of old files to create a digital storage system and business history for future Councils (THANKS Gaby and Mark - a 7 hour day!)
- Creating digital organization, hiring & overseeing a student for scanning of documents

- Planning how we can all make CanSTAT a functional, helpful, and dynamic organization  
- and for this we need your help!

Please don't hesitate to contact us with ideas, suggestions, or to volunteer for a committee.

We wish you all a wonderful fall.

Sincerely,  
Heather Walker  
for  
CanSTAT Council-

*Gabriella Minnes Brandes (President)*

*Heather Walker (Secretary)*

*Mark Vasak (Treasurer)*