

## MEET THE BOARD!

During the October 25, 2001 board meeting the ACAT board of directors appointed Harvey Rosen to the vacant board position. With that appointment we believe ACAT history was made. To our knowledge it was the first time that the board, which has historically been composed of teachers of the Alexander Technique, included two members of general community. As you will read below both Harvey Rosen and Nick Gambino, (as well as recently retired board member Alan Serhuck) came to the board through a personal or professional relationship with a teacher of the Alexander Technique. ACAT is greatly served by the areas of professional experience and expertise these three individuals bring/brought to the board - attorney, accountant, writer/editor/manager, respectively. Their presence helps the board in its effort to develop itself which has recently included: creating a mission statement, creating a board manual, educating itself as to nonprofit stewardship, creating standing committees and drafting long term planning and recommendations.

Current ACAT board members are (in reverse order of joining):

**Harvey Rosen** is the husband of senior teacher Marta Curbelo. Harvey is a lawyer, specializing in trusts and estates, real estate and business law. A graduate of Columbia College (1962) and Columbia School of Law (1968), Harvey has practiced law and lived on the Upper West Side for over 30 years. He has been an officer and member of the Board of Directors of his block association for many years and looks forward to contributing to the mission of ACAT.

Nick Gambino says, "I retired from

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## ACAT WEBSITE NEARING COMPLETION

The ACAT website, a board project under supervision of Leland Vall is nearing completion. At this writing, the website work-in-progress can be viewed at [www.artsnacks.com/acad/](http://www.artsnacks.com/acad/). ACAT's web address will be [www.acatnyc.org](http://www.acatnyc.org). With the site soon to be complete and a host to be selected, our hope is that the site will be up in the very early part of 2002.

The website was created by employing the experience of ACAT's graphic designer of many years and long time student of Judith Lakin, Sara Seagull of IMPRINT graphics and her professional colleague Deborah Moore. They were given the items that ACAT regularly makes available to the public - ACAT's brochure about the Alexander Technique, ACAT's brochure about the Teacher Certification Program, ACAT's member-teacher list, and ACAT's lecture demonstration schedule. The site was designed with the idea that eventually other features could be added on such as listings of group lesson offerings, a picture of the ACAT space, links to members sites etc.

We look forward to your visiting our site. Please join us in thanking Leland, Sara and Deborah for their work.

### ACAT ANNUAL MEETING

February 10, 2002

Save the date!

Watch for your annual membership mailing for WORKSHOP and SCHEDULE details!

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## NOTES FROM THE TCP by Joan Frost

The administrative positions of the TCP have changed periodically over the 37 years of ACAT's history to accommodate the varying needs of the school and/or the particular individuals filling the positions. For the last 5 years, **Barbara Kent** has served as Director and I have served as Associate Director. On August 31st, Barbara retired from her administrative service. At our Spring faculty meeting, I was elected as ACAT's new director for a three-year term, commencing September 1st. As I had already been performing a great portion of the functions required to run the TCP, I decided to consolidate the two positions back to one. This is how things were run before **Pamela Anderson** created the position of Dean of Admissions and Student Relations in 1990 to address the needs of the then large (34) student body. I have also found the more connected I am to the many and diverse aspects of the daily functioning of the TCP, the better able I am to make appropriate decisions. As part of my new position, I will be creating a Director's manual over the next couple of years, thus enabling the multi-layered details of the job to be passed on more easily.

In October, I spent 3 days in Albany taking a course for new directors given by the New York State Bureau of Proprietary Schools, our licensing body. All school directors are required to take the course. It was well-conducted and very informative. I also spent many hours working on the challenging homework we were given! Although most of what I learned will be executed by **Jane Tomkiewicz**, our Executive Director, it was helpful gaining a first-hand knowledge of the rules and regulations with which we must comply.

I realize it has been almost a year since my last TCP News report, so there is much to catch up on. Last December, for our Fall assembly, 7th term **Gary Ramsey** and 4th term **Christine Suhr** performed a scene from Hamlet, 7th termers **Yorghos Matskaris** and **Sabine Heubusch** performed a dance piece they had choreographed together entitled "Enjoying It", and 3rd term **Patty Llosa** rounded out the session leading us all through some Tai Chi. As we have a number of performing artists in our program, we encourage those who wish to share with us their explorations of integrating their art with what they're learning at ACAT. Performances are followed by time for questions and answers. Additionally, the assemblies provide an opportunity for

us to witness some of the talents of our students.

In January, we admitted a class of six: **Bette Chamberlin**, a student of **Pamela Anderson's**, **Ruth Diamond** from **Anne Waxman**, **Lisa Goldberg** (**Judy Stern**), **Stephanie Kalka** (**Eddie Malave**), **Mark Josefsberg** (**Nanette Walsh**), and **Naoko Matsumoto** (**Kaori Yoshino** in Japan). They joined the then 4th term class that meets daily from 10:30 to 1:30, making it a mixed-level class of 11. The next 10:30 admission will be in January 2003.

Our Winter term assembly seemed to have the theme: How does thinking/intention affect movement, sound, and interaction? **Kathe Jarka** (8th term), played a piece by Bach on her cello several times through with different intentions each time. It was a very graphic demonstration of how thinking different ways can have different physical outcomes, as expressed by changes in what we heard. It was interesting to hear how the piece became richer and more resonant as she became more playful with it. **Kathe** said that musicians are used to working with intention, so that is a way in for Alexander teachers. **Lee Shapley** (5th term) then performed an improvisation piece with 3 dancers he works with. They lined up sitting on 4 chairs facing the audience and all started talking at once. They then varied the rhythm of the speaking and played off each others choice of words. It was very funny. After the piece ended, ACAT teacher **Daniel Singer** worked with the performers' thinking through some awareness exercises. They performed the piece again as we noted the changes.

**Elizabeth and Lucia Walker** spent 3 days in our program at the end of April. Here are a few of my notes from the workshop:  
 Elizabeth emphasizes freeing the ankles. She circles the student around the ankles to check.  
 Lucia: We have this fantastic capacity to feel, see, remember and intend all at once.  
 Lucia: Being touched is such a strong stimulus — it is a good place to begin work with reaction. Let the touch in and don't do anything about it.  
 Elizabeth: The only "rule" is not to interfere with your general coordination. This work is to help you do what you want to do better.  
 Lucia: Inhibition is taking space as well as taking time. Maybe sometimes instead of referring to inhi-



bition as taking time, we could refer to it as taking space.

Elizabeth: Use the back of the seat (car or anywhere else) to go up against.

Former longtime faculty member Sarnie Ogus came on two occasions to impart to the 9th term class her unique approach to teaching. She will continue to do this with classes before they graduate.

In June, as part of her final paper and project, **Anne-Rene Lawton** performed a dance on and around a chair. Lee Shapley videotaped the piece, so we have it in our archives. It was a dance she had choreographed a few years back but as her Alexander studies deepened, she continued to refine it with the new influence. She wrote about this process and shared her discoveries with us. Later that week, **Anne Rene, Gary Ramsey, Sabine Heubusch, Kathe Jarka, Yorghos Matskaris, and Beth Ziba** had their graduation ceremony. Once again our school was transformed into a party hall and it was a celebratory evening of short heartfelt speeches, great food, including an outrageous cake baked by former chef, Beth, and dancing. The class presented ACAT with philodendrons to green up the space, a nice addition to our home.

We held our annual faculty retreat the last weekend in September. As Barbara Kent is taking a year leave of absence from her ACAT teaching, we convened at faculty member **Pat McGinnis'** house on the Jersey shore. It was an elegant grand old house that was able to sleep all 16 of us! ACAT alum **Gwynne Marshall** catered the weekend, so we ate her delicious preparations around Pat's big dining room table. **Connie Serchuk** continued our tradition of starting off the days with Chi Gung, we all shared hands-on work, and **Pearl Ausubel** took us through some of her special teaching moves. We had all agreed to read Marshall Rosenberg's Nonviolent Communication (a book I highly recommend) in preparation for our continuing explorations with communication. This enabled us to have active working sessions with the communication principles outlined in the book. It was challenging, pushing us all into a new frontier of stating our observations, identifying our feelings, and expressing our needs and requests. These sessions were very instructive and deepened our connection to each other. More than ever before, I feel we have a respect for each of our individual contributions to the group and a sense of collective. Again and again, I feel gratitude that I work with such an intelligent, creative, generous, and courageous group of people.

## Class Agent Project

The purpose of the Class Agent Project is to facilitate the strengthening of ties among ACAT alums. The goal is to find an agent for each graduating class who can maintain accurate contact information for their classmates and be able to occasionally disseminate information to them from the ACAT board about ACAT and the Alexander community.

Begun in the fall of 2000, the Class Agent Project is building steam. Almost every class has an agent and many have found their classmates and helped the office to update the files.

If you would like more information about the Class Agent Project, please contact Leland Vall at [lelandv@datatone.com](mailto:lelandv@datatone.com) or (718) 939-6602.

## The Barbara Kent Fund,

which was formed to support ACAT's TCP enrichment, over the years has sponsored visits by **Elizabeth and Lucia Walker, Ruth Murray, John Nichols, Jeremy Chance, Jessica Wolf, Sterling Swann, Eva Karczag, Mio Morales**, and many others. We would love to continue offering occasional guest teachers to our candidates, but must limit ourselves to one visit per year until the fund is built up again. If you wish to donate a little extra to ACAT's TCP during our January membership drive, please consider donating to the Barbara Kent Fund.



# THE EDUCATED HEART:

## Professional Guidelines for Massage Therapists, Bodyworkers and Movement Teachers

by Nina McIntosh

Reviewed by Brooke Lieb

In her book, *The Educated Heart*, Nina McIntosh gives an in-depth commentary on professional and ethical boundaries in the manual therapies. A Rolfer and former psychiatric social worker, McIntosh poses useful questions and offers ideas and insights into the role we play in our clients' lives, and they in ours.

McIntosh's writing style can be a bit redundant and verbose, but as I read the book, I found myself culling examples from my own experience, as a student and teacher. She offers us ideas on a variety of pertinent topics including: boundaries for both client and practitioner; business practices; getting comfortable with money; client/practitioner dynamics and the power imbalance inherent in the relationship; ethical questions; sexual issues; and dual relationships (friend/client).

Throughout the book, she quotes practitioner experts and those sharing examples from their practices on the issues faced. Alexander Teacher and Trainer Viviane Schapera is quoted and offers helpful distinctions for our modality within the dynamics of transference, counter-transference and dual relationships. McIntosh makes a strong case for supervision to help us not only improve boundaries and avoid burnout, but also to help us improve our profitability through pristine business practices.

The book layout makes it fairly easy for the reader to skim over more detail than they may be interested in, find examples and locate main points. The information is organized in a reasonable way, offering greater distinctions within certain topics, such as sexual issues, business practices and money.

I would recommend this book as a useful tool for Alexander Teachers who are defining and re-defining their professional role as their practices develop over time. I found the material thought provoking, and found myself considering where our profession falls within the definitions and dynamics

McIntosh touches on. I recognized myself in many of the examples she offered and had a new way to frame certain experiences and patterns I see, both past and present, in my practice. I also have new ideas and deeper awareness after reading this book on ways to shift some of what goes on with my clients, my colleagues and for myself (both as a practitioner and a client). *The Educated Heart* offers a model for ongoing development of ourselves as professionals and provides us tools to be more and more effective through responsible compassion.

### Presenters Wanted

ACAT sponsors a free Lecture/Demonstration on the first Monday of every month (2nd Monday when the first falls on a holiday) - check for the time. The Lecture/Demonstration Committee, Karla Booth, Brooke Lieb and Clare Maxwell, are seeking teacher members to present. If you are interested, please contact Brooke Lieb at (212) 866-0679 or by e-mail at [brookelieb@mindspring.com](mailto:brookelieb@mindspring.com). Members are also encouraged to send any flyers you wish distributed for Alexander Technique workshops or classes you are offering to the public for any given month. These should be sent to ACAT c/o the Lecture Demonstration Committee. No business cards, please - we distribute the complete teacher list to each participant, along with the ACAT Brochure and selected articles.



## ANNUAL MEETING

39 W. 14<sup>TH</sup> ST. NY, NY 10011  
FEBRUARY 25, 2001

Present: Karla Booth, Joan Frost, Hope Martin, Nick Gambino, Loren Shlaes, Alan Serchuck, Jane Tomkiewicz, Leland Vall and 38 members. Absent: Allison Foley.

As per the notification to members of agenda for annual meeting, the business meeting was preceded by a community sharing in memory of Debby Caplan as well as the Deborah Caplan Memorial Lecture delivered by Lucy Brown, PhD.

Chair Hope Martin called the meeting to order.

As the minutes were available to members in the ACATnews, a motion was made to dispense with reading them. The motion was seconded and passed.

### 1. Treasurer's Report by Executive Director Jane Tomkiewicz.

a. ACAT is well on budget this year. Savings remain at about \$100,000.

b. As the final numbers were in for both 1998-9 and 1999-2000 a summary of ACAT's costs for moving was made. ACAT spent roughly \$40,000 on the move. About \$20,000 came out of the operating budgets of the two years and about \$20,000 out of savings. Neither year shows a loss, as the \$20,000 was a capital investment (leasehold improvement) and a depreciating cost.

c. Goal was to now focus on ACAT's operations, both income and expenses have increased in the last several years, and financials needed to be analyzed for longer term planning.

d. A disbursement from the Judith Leibowitz Fund went to Nanette Walsh for her work in assisting Peggy Williams produce her memoirs.

e. Contributions to the Debby Caplan/Alma Frank Scholarship have been forthcoming. Larry King, Debby's widower, from here forward, contributed the royalties from her publications "Back Trouble" and her article in Jerry Sontag's compilation. Leland Vall spoke about the Debbie Caplan Fund and asked for contributions.

f. The space use program is going very well. Member sponsored events are increasing and the income against expense is helpful.

### 2. Report from the Chair by Hope Martin. Hope reviewed work of the last year. It included:

a. Continuing Education courses offered this year and organised by Joan Frost.

b. The board development including starting a financial advisory committee and a board recruitment committee. Chuck Slotkin will serve as financial advisor.

c. Overview of space use policy and personnel. The difference of having a new space and being a lease holder as well as the logistics of rentals

d. Structuring a class leader system

e. Updating archival material, definitions from ACAT faculty

f. Development of a website

g. Proposal of an Associate Membership Category

h. Hope also encouraged members to get more involved and to feel free to communicate to the board.

3. TCP Report. 6 trainees were certified last year. No class was admitted in the fall, however a class of 6 was admitted in the winter. As a group will certify this June, there will be the possibility of starting a new group in the 8:00 slot this fall, should the required number of qualified candidates apply.

a. The schedule of the TCP has been changed to an early track of 8-10:30. and a second track from 10:30 to 1:30. On Tuesdays and Thursdays the entire student body meets from 10:30 - 11:45. Judy Stern teachers on Tuesdays at that time. The class is open to alumni to sit in. On Thurs. the group time is used for other activities such as videos, student body meetings, readings, and hands on work.

b. We presently have 10 Senior teachers, Assistant Faculty, and Volunteer Faculty. Sarnie Ogus retired in December but will be coming in to teach special classes. Barbara Kent will be stepping down from her directorship and is taking a year sabbati-

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cal from teaching. After that year Barbara will return as Senior Faculty. Joan Frost will be taking over the position of director - combining both Barbara and her positions.

c. Recognition of Service. The following service to ACAT was recognized by the Executive Director:

1. Since the last annual meeting, Leland Vall stepped down from the position of office assistant, his valuable contribution was recognized and he was presented with a gift.

2. Alan Serchuk, one of the first non-teachers of the AT to serve on the board. He served for over 2 years and he was presented with a gift

3. In absentia, Alison Foley's service of 3 years on the board of directors was recognized and

4. Karla Booth's service of 1 year on the board of directors was recognized and she was presented with flowers.

TCP Director Barbara Kent recognized Sarnell Ogus and her 30 years of teaching at ACAT. Sarnie told the wonderful story of how she came to ACAT, how she had been taking lessons from someone else and then heard about ACAT and made appointments to have lessons with Debbie, Illana, and Judy and pretended that she had never had lessons before. Sarnie was presented with a plaque and a gift.

TCP Associate Director Joan Frost recognized Barbara Kent for her work as both the director of the Training Program and as a Senior Teacher. Barbara will be stepping down from Directorship this fall and will be taking a one-year sabbatical from teaching in the TCP. Barbara was presented with a plaque and a gift.

4. By-Law Amendment. As notified by previous mailing and in accordance with the by-laws, the board asked the body to approve a temporary by-law amendment regarding Associate Membership that the board passed pending confirmation by the general membership at the annual meeting. The by-law amendment was read aloud.

Article 1 Section 1. First sentence amended to read "There shall be three categories of membership, Member, Student Member and Associate Member."

Article 1 Section 1 A third paragraph

added to read "Associate Membership is a non-voting category open to all who are interested in supporting ACAT but do not qualify for Member or Student Member status."

A motion was made to approve the amendment. It was also seconded. Discussion ensued. A motion was made to close debate. The debate was closed. A vote was taken and the amendment was almost unanimously approved. Several members abstained from voting.

#### 5. Election of Board Members

a. In accordance with the by-laws which allow the board to make appointments to board positions pending the approval of the general body at the annual meeting, the board informed membership of its February 25<sup>th</sup> acceptance of Alan Serchuk's resignation and its appointment of Leland Vall to the completing of Alan's term. The board further appointed Nick Gambino to fill out the remaining year on Leland's term.

b. The Board put forward its acceptance of Alan Serchuk's resignation and its appointment of Leland Vall to complete Alan's term. The membership voted unanimously to approve that action.

c. The Board put forward their nomination of Nick Gambino to complete the last year of the term just opened up by Leland having assumed the remainder of Alan's term to the general membership. Nick is an accountant and has been studying with Allison Foley. Nick Gambino's appointment to the board was unanimously accepted.

d. Kathy Miranda nominated Loren Shlaes for the 2 year term. The nomination seconded. The nominations were closed and Lauren was unanimously elected.

e. A three-year term was open and the board asked for nominations. There were no nominations. The position is open and the board may appoint a director subject to approval at the next annual meeting.

6. Lecture Demonstrations. Karla Booth reported on the Monday evening lecture demonstrations that are open to the public.



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7. **NYNHP**. Karla Booth reported as to developments in the area of massage board regulation as well as other the NY Natural Health Project

8. **Class Leader project**. Leland explained how the class leader project could increase communication among ACAT members and be an effective mechanism in recruiting members to serve on committees or lend technical assistance to various ACAT projects.

Meeting adjourned.

Respectfully submitted,

Hope Martin, Chair  
Karla Booth, Secretary

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NBC (now owned by GE) in 1998 and worked as a corporate tax accountant after transferring from the tax department of RCA, the prior owners of NBC. I started working with RCA in 1974 and am a NY Certified Public Accountant. I have a BBA from Baruch College and a master's degree from Pace University. I have lived and worked in NYC all my life. I have been a satisfied student of the Alexander Technique and have been introduced to the Board of ACAT by my former teacher, Allison Foley."

**Loren Shlaes** is an occupational therapist who became interested in the Alexander Technique while working with clients who have back pain and repetitive strain injuries. She graduated from ACAT in 1999, and has volunteered continuously on the faculty ever since. She has a private practice in Manhattan, and specializes in teaching the Technique to students with medical issues. She also teaches at Gilda's club, and at the Ward Studio, an acting school. She joined the board in February of 2001.

**Leland Vall** joined the board in 1999. He trained with Ruth Kilroy in Boston, certified in 1996 and is the editor of the AmSAT News. He teaches at Chelsea Piers, American Academy of Dramatic Arts, Queens College Continuing Ed and Carmine Street Recreation Center. He has a background in theater and studied directing in Providence at Trinity Rep Conservatory. Leland was the ACAT office assistant from 1997 to 2000 where he focused on developing the ACAT library da-

tabase. On the board he is directing the class agent project and the development of the ACAT website, (coming very soon). Leland joined the board to find out how to help build the New York Alexander Community and is happy to work with the oldest Alexander organization in the country.

**Hope Martin** graduated from ACAT in 1987. Since then she has maintained a lively practice in Manhattan, teaching private and group classes. She is on the faculty at the New York Open Center, the Olive Leaf Wholeness Center, the Lucy Moses School for Music and Dance and ACAT, where she also serves as Chairwoman of the Board of Directors. She has presented the work in Spain, Austria, Switzerland and Greece. Hope is a trained meditation instructor and teacher in the Buddhist tradition.

**Joan Frost** has been involved in the movement field for over twenty-five years, earning her B.A. degree in Theater Arts; Dance from the University of California at Santa Cruz in 1975 and her teaching certification from ACAT in 1983 before joining the faculty in 1984. She served as ACAT's Dean of Students from 1991-95, Acting Director from 1995-96 and Associate Director from 1996-2001. Joan has been on the faculty of the Juilliard School's Dance and Drama divisions and at the Diller Quaille School of Music. She maintains a private practice in New York City and Tappan, New York.

**Jane Tomkiewicz** received her certification in 1990 from ACAT, where she has served as Executive Director since 1997, the year she also coordinated the NASTAT AGM in New York. In 1999, Jane oversaw both ACAT's move to its current space and her family's move to Brooklyn from which she has been recovering ever since. She has taught in many venues, including the 92<sup>nd</sup> Street Y, where she has been on the staff for a decade. She came to the Alexander Technique from the downtown experimental and world beat music scene where she was an active performer.

Joan and Jane, in their capacities as Director of Training and Executive Director, respectively, serve as ex officio members of the Board.

## NEWS FROM THE CENTER

On June 9th, **Joan Frost**, assisted by **Karla Booth**, **Charlotte Okie**, and **Beth Ziba**, gave a lecture/demonstration at a Mind/Body Symposium sponsored by the Westchester chapter of The Arthritis Foundation. There were about 80 attendees seated in a huge circle while Joan entertained them from the middle and the other 3 put hands on from behind. The four of us managed to work with everyone in walking. We felt it was very successful.

Tired of working out of your apartment? Upper East Side studio available. Please call **Anne Waxman** at 212-787-8198.

Thank you to board member **Nick Gambino** for his donation of a foam table cover to the TCP.

ACAT News thanks you for your cards and letters of appreciation for the Deborah Caplan Memorial Newsletter.

Thanks to the following for donations to the Deborah Caplan/Alma Frank Scholarship Fund: **Leslie Manes, Myrna Packer, Gwen Ellison, Teva Bjerken, Ralph Zito, Connie Serchuck, Kathryn Miranda, Victoria Hyatt, Gwen Roe**

For sale: Nautilus Custom Adjustable Folding Table, 28" by 73", adjustable legs (24-34"), 2" of single layer, medium density long-life foam fabric: peacock non-slip vinyl hardwood frame. Holes at one end for optional face support vinyl-coated cables and matching handle. Weighs 30-34 lbs. Also available: 9 x 27" knee bolster in peacock non-slip vinyl, and navy economy pouch bag. All excellent condition, \$450 value for the table alone. Price negotiable. Call: Joan Morgan at 212-255-9382

Special thanks to **Arthur Tobias** for his generous and unfailing support of ACAT's office staff.

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