



NASTAT Bylaw Amendment Submitted by ACAT Passes

The bylaw amendment submitted by ACAT at the 1996 NASTAT AGM has passed, and will go into effect when the Board of Directors ascertains that its approval will not result in termination of NASTAT's affiliation.

The complete text history of this bylaw amendment, containing the reasons and the advantages for it, follows in its entirety as submitted to NASTAT. The original amendment first appeared in the Winter 1996 NASTAT News, page 5. A clarification appeared in the Spring 1996 issue, page 5, and the approval for the amendment in the Fall 1996 issue, page 20. —Ed.

Reorganizing Hourly Requirements

Proposed by Barbara Kent, Director Teacher Training, ACAT. Seconded by Pamela Anderson.

Proposal to modify training course requirements under Article IV TEACHER TRAINING COURSES, Section 1. Course Requirements, section C.

C. The average ratio of students to Certified Teachers shall be not more than 5:1 during practical work, and the usual training for each trainee is at least twenty-seven (27) weeks of class per year, each week to consist of not less than ~~15~~ 10 nor more than 20 hours of classes over at least 4 days each week, and each day to consist of not less than ~~2~~ 1 hour nor more than 4 hours of class; provided however, that exceptions may be made in individual cases to meet the needs of trainees, and...

Rationale: The ACAT Board of Directors and its Advisory Board would like the possibility to reorganize its training program to more adequately meet the needs of its of

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The Alexander Community: NASTAT AGM 1996 by Genevieve Seel

As I came out of the elevator and walked towards the Illini Ballroom, I was greeted by the sound of some rather spicy Cajun music. I continued towards the ballroom thinking it was strange. I expected to hear Mozart or perhaps Chopin; I didn't think I would find gowns and tuxedos, but certainly some pearls and oxfords. Well, I was wrong!

Barely two terms into my training I was attending the NASTAT 1996 AGM as a seventh wedding anniversary gift. My husband, Greg Seel, a teacher of some 14 years, and I arrived in Urbana, Illinois on June 6, the morning of the Pre-AGM workshops. I was very excited and a bit apprehensive. Was this Puerto Rican woman from the Lower East Side of Manhattan going to fit in with this community of worldly and extremely cultured individuals? I wasn't sure, but I proceeded to Barbara Kent's and Deborah Caplan's pre-AGM workshop to begin the process of finding out.

The experience of working with the variety of teachers and trainees available at the AGM was invaluable. I had the honor of working not just with my teachers from ACAT, but also with teachers whose names and reputations I had been hearing about in the many discussions with my husband regarding the technique: Alex and Joan Murray, Chris Stevens, Ron Dennis, Hope Gillerman (to name a few) and Missy Vineyard now had a beautiful face to go with the name. Yet, it was still intimidating for this young trainee. Another workshop I attended was with Pamela Payne-Louis. There I learned that my training class wasn't the only group

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Notes From the TCP

by Joan Frost

On May 1st, Glynn MacDonald (London) came to ACAT to give a workshop to our candidates. She focused on the quality and use of our voices. Most memorable was her going around the circle and shaking each of our hands while we said, "Hello, I'm the Alexander Teacher." Our voices betrayed how we felt about saying this – if we felt bold, shy, confident, or insecure. She also had a message to convey about the image we present to the public as professionals and representatives of the Alexander Technique.

ACAT 3rd term candidate, Kasia Malec, conducted our Spring Term assembly. She worked with movement, imagination, and images in what became almost a theater piece. Some of us were shown an image on a postcard – a painting or a scene – which we then acted out moving up and down in space. Some were walking amongst the first group, while balancing books on top of their heads. The remaining third watched the event. We took turns being in each role. It was interesting to watch and great fun to do – for some of us, opening up latent parts of ourselves.

On June 22nd and 23rd, we held our annual retreat. It was again at the beautiful home of Judy and Jack Stern in Rye, New York. We began both days with hands-on work together followed by discussions about teaching and ACAT's educational philosophy. On Saturday, we had a discussion on "What is Primary Control?" and on Sunday we talked about how we

would restructure ACAT to take advantage of NASTAT's newly adopted by-laws (reducing the required minimum hours in a day from 2 to 1).

At 6:30 on Saturday, our class of one, Roxolana Podpirka, came to Judy's with her husband and 3 boys for her graduation ceremony! Roxy looked beautiful as she sat in a chair, like a queen, in front of us all – receiving many of our classmates' and faculty's, fond memories and good wishes. We will all miss her equanimity and down to earth positiveness.

Out goes one and in come six! In the Fall, we are delighted to be admitting Nana Dewan, Hyun Sook Baek, Emily Fraenkel, Beate Mathois, Loren Shlaes, and Ralph Zito. Five are from some aspect of the performing arts, and one is an occupational therapist.

Because we will be having 10 full classes, we will be hiring 10 associate faculty this coming term. We are happy to have Anne Waxman, Marta Curbelo, Brooke Lieb, and Kathy Miranda back with us in a teaching capacity.

A number of our senior faculty will be going to the Congress in Jerusalem: myself, Barbara Kent, Debby Caplan, Pearl Ausubel, and Judy Stern. We are all looking forward to sharing with teachers around the world, as well as being inspired with new insights into our wonderful work. §

**"Out
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(NASTAT Bylaw Amendment from page 1)

working trainees. In general what we have put forth for consideration is an 11 hour per week training, meeting 4 days per week, spanning a 44 week year for 3 years.

In order for us to move forward with this proposal our first step is to ask the NASTAT membership for this bylaw change. We want to underline that this is not a part time

training, rather we are asking for the ability to reorganize the hourly requirements to meet our particular needs.

Sponsored by: Lauren Schiff, Kathy Miranda, Judith Stern, Joan Frost, and Pamela Anderson, ACAT Board of Directors, Bill Connington & Barbara Kent, ACAT Board of Advisors; Author: Pamela Anderson.

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(from preceding page)

ACAT Board Clarifies Bylaw Change Proposal

The ACAT Board would like to clarify our proposed bylaw change concerning the hours per week and hours per day minimum we have submitted for your approval. To review, we are asking the minimum hour requirement be changed from 15 hours per week to 10 hours, and the current hours per day requirement be changed from 2 hours to 1 hour. ****POINT OF INFORMATION:** The STAT minimum is 12 hours of training per week.

Our goal is to lay a foundation that supports the principle of the NASTAT/STAT requirements, yet also allows us (and potentially other training programs) design flexibility. For us this would mean we could structure a program that would allow our students sufficient time to maintain enough normal work hours to support themselves while they are training to teach. In allowing the hourly change, we propose a training design that maintains the 4 day a week and 1600 hours of training that is fundamental to reciprocal societies' approved courses but also allows program flexibility. We must emphasize that we do not compromise the quality, intensity, or over-all time involved in training teachers.

The design submitted to the ACAT Board for approval is as follows: The training program would meet 11 1/2 hours per week spanning a 43 week training year for 3 years. There would be 2 four hour group classes, 1 two and a half hour mini-class (maximum of three students per class), and 1 fifty-five minute training private lesson each week. This totals 1483.5 of regular class hours. The remaining 116.5 hours will be completed in an independent study format, i.e. a research project, additional lessons, etc.

This design provides the students with three different training formats: 2 large group classes, 1 small group class, and the private lesson, all of which are scheduled on separate days. By this design, we are meeting the 4 day per week requirement spanning 3 years for 1600 hours. The time and continuity of training hours has not been compromised

because the program runs more weeks per year although it has fewer hours per week. This design may even enhance the training experience at several different levels. With fewer hours per week it may minimize trainee burnout, with less time off the overall training experience will have more continuity, and finally by freeing up more hours during a week, trainees have more regular work hours to maintain their jobs.

The above is only an example of how a course could be designed to enhance flexibility of scheduled class hours while maintaining the standards and integrity of training that NASTAT has established.

By voting in favor of changing the bylaw regarding class hours, you are allowing us and potentially other programs more flexibility in scheduling classes without lowering the established and agreed upon standards for insuring time and continuity throughout the years of training. We appreciate your support. If you have any questions please feel free to contact any of us for further clarification.

Respectfully submitted,

- Pamela Anderson, former Director of ACAT Teacher Certification, currently Co-Chairman of ACAT Board of Directors
- Lauren Schiff, ACAT faculty and Chairman of the Board of Directors 1990-1996
- Judith Stern, former Vice President, NASTAT, Senior Faculty ACAT Training Program, and Co-Chairman of ACAT Board of Directors

By-Law Amendment—Reorganizing Hourly Requirements

Judy Stern spoke to the motion proposed by Barbara Kent and seconded by Pamela Anderson, to modify training course requirements under Article IV TEACHER TRAINING COURSES, Section 1 Course Requirements, C. Barbara amended the motion to add this preamble to the motion: *This amendment will go into effect when it is determined by the Board of Directors that its approval will not result in termination of NASTAT's affiliation.* The motion passed as amended. §

“...we could structure a program that would allow our students.. to support themselves while they are training”

(The Alexander Community, from page 1)

who needed to discuss “Non-judgement in the Alexander Lesson”. The participants in this session weren’t stuffy either. The room was filled with laughter, questions and healthy disagreements. I found it to be this way in most of the workshops. I truly believe that every new trainee would benefit from the experience of attending an AGM and as many NASTAT functions as possible.

“And then there was the music and the dancing...”

As the weekend progressed I found many people with whom I felt comfortable. Though some of them did wear pearls, there were also a few pairs of Nikes. I began to find a commonality with them. Our desire to teach and our willingness to brave the changes that occur as we delve deeper into F.M.’s principles connect us all in spite of our differences. And then there was the music and the dancing in that

ballroom on Saturday night. Senior teachers shimmying across the dance floor, some of my fellow trainees clapping and cheering with the wonderful band. The Squeezetones was their name and they played a variety of music from Cajun tunes to Brazilian, African and Celtic. There was even some of the best square dancing I’ve ever seen. I was hooked and five minutes after I walked in I and approximately 127 people were doing the “Primary Control” as we whirled across the ballroom floor.

I have never felt more a member of any community as I did that night in June at the 1996 AGM. The 1997 AGM will be held in my hometown of New York City. It will mark NASTAT’s 10th anniversary. I look forward to welcoming those who attend, especially the young trainees. §

In Memoriam: David Sheppard

It is with great sorrow that I note the passing of David Sheppard of Palo Alto, California on November 6, 1996. Many ACAT members may have known David only from the NASTAT AGMs, where he could be seen avidly helping keep the meetings in order with his knowledge of parliamentary procedure. I first met David while training when I was asked to help him do advance publicity in the New York area for his marketing workshops. In this I first discovered his great attention to detail, and in the subsequent workshops I saw his ability to channel his sharp intellectual skills into positive ends. David continued to share his generous spirit long distance, with advice and counsel.

This sad news unfolded in the Alextech group online; the following details of his life are excerpted from a posting by his brother, Bob.

David was 46 years old and lived in Redwood City with his wife Sharada. In addition to his wife and me, he is survived by my two sisters, who live out of the area. David was born in Madison, Wisconsin and grew up with our family in Cleveland, Ohio, where he attended college. In the early seventies, he helped me and other members of the Cleveland Food Co-op transition it from a buying club into a storefront. He moved to the Bay

Area later in the seventies, and worked as a software engineer and manager at various companies such as Apple, Intel, etc. After sustaining a back injury, he healed it by practicing the Alexander Technique, a body use system. He was inspired to become a teacher of the technique, and left the industry to practice it full time. About ten years ago, he married Sharada. Recently, he phased out as an Alexander Teacher and re-entered the software industry.

The illness that resulted in his passing—pneumonia—was diagnosed only this Monday, and came as a complete shock to all of us. David had contracted Hodgkins disease during adolescence; he was successfully treated at that time. He both went into remission and had reoccurrences several times, all of which were treated successfully. During his remissions, he led a normal and active life. Recently, and unbeknownst to us until this Monday, the disease—which attacked bone marrow—had become resistant to the chemotherapy treatment that he was recently receiving. His body had little capability to mount a defense against disease, and so he succumbed due to an ineffective immune system.

There was a memorial service for David on Saturday, November 16th at 11:00 AM. at the pavilion in Holbrook Palmer Park on Watkins Rd. in Atherton. —Ed.

SILENT AUCTION

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NO MINIMUM BID!!!

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- Personal computer (PC's Limited Turbo PC - an IBM-XT Clone) GREAT for beginner or someone with simple computing needs. Reliable, except the letter C on the keyboard sometimes gets stuck. Comes with software: Calendar Creator, Norton utilities and Multimate for word processing and for mailing labels.
- Dot Matrix Printer - STAR NX-15 - Reliable printer. Pin-sheet fed paper and hand fed paper. Comes with paper supply and label supply.
- Panasonic answering machine, works fine, may need a new tape for out-going message.
- PARADOX - Relational Database Software - never been opened (for IBM PC)
- Framework- Organizing, outlining and writing software- never been opened (for IBM PC)
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- Tetris Classic for windows - game software
- Mace Gold utilities

Winners must arrange own pick-up of item(s).
For more details, call Kathy Miranda (212) 799-0468

SUBMIT YOUR BIDS BY January 1, 1997

WINNERS NOTIFIED BY PHONE, WEEK OF January 15th

Last Year of ACCET Accreditation

This school year will be the last year ACAT will be an ACCET accredited training program. Essentially, the size of the training program and the cost of accreditation have become incompatible. A small school like ours needs to have flexibility to accommodate change in order to thrive. The additional administration required by ACCET and the USDE has many associated costs and delays that makes the price of offering student loans too high.

ACAT will continue to be licensed by the NY State Bureau of Proprietary Schools and to be authorized by the US Department of Immigration. These administrative requirements are more in line with our budget and will allow us to grant M-1 visas to foreign students.

News from the Center

Teaching space available - upper West side, 9 x 12, table and mirrors. Available Tuesday 9-5, Thursday 9-5. Rates \$175 per month for 1 day, \$325 for both days. Tuesday 5 - 10 p.m. at \$125 per month. Hourly rental: \$10, limited availability. Call Brooke Lieb (212) 866-0679.

Space available for rental - call **Laura Masone** at: (212) 426-5990
Fitness Masters 1556 3rd Avenue Rm. 407

Wanted - used Alexander table - call ACAT at 799-0468

Liz Reese is now teaching dressage and the Alexander Technique at Stillwood Farm in Chester, New York. Beginners to advanced riders are welcome. For more information call Liz Reese at 914/987-9826.

Alexander teaching space - Quiet, bright space in elevator building. Union Square location. Convenient to all transportation. Available part time. Reasonable rent. Call **Nancy Wechter** at (212) 255-0111 or (718) 384-5311.

Kim Jessor taught at the *Penland School of Crafts* in North Carolina last summer. She and Merce have moved to Park Slope, Brooklyn. She has expanded her practice to this location, including lessons and classes specializing in childbirth preparation & post-partum issues. For more information she can be reached at 718-398-9421.

Now You See It, Now You Don't, a Workshop on the Use of the Self. **Sarnie Ogun** and 3 other Alexander teachers who also have Feldenkrais certificates are presenting this panel/workshop at this year's Feldenkrais conference in Berkeley, California.

AT Articles, Books and Videos - New to the ACAT library
ARTICLES: *After the Crash - Bodywork for the Rider* by David Shapiro, *Motorcycle Consumer News*, June 1996. *Mirror up to Nature* by Luke McDonough, *EYI* Spring 1996 about Artists turned Healers. *The Release of Down* by Charles Stein in *Yoga and Life*, Spring 1996. *To Schlep or Not to Schlep, Alexander Technique*

Guidelines to Take Care of Yourself by Charles Stein in *Massage Therapy Journal*, Spring 1996, also a second version of *To Schlep or Not to Schlep* in *American Music Teacher*, April/May 1996. *The Alexander Technique - Research Paper* by Patricia A. Geffel Manno, March 15, 1996. *Conscious Use of the Human Body in Movement: The Peripheral Neuroanatomic Basis of the Alexander Technique* by Glenna Batson, P.T., MA in *Medical Problems of Performing Artists* March 1996. *The Alexander Technique and Classical Equitation* by Elizabeth Reese in *Dressage & CT*, August 1995. *Alexander for Swimmers* in the January/February 95 issue of *Women's Sports and Fitness*. *The Alexander Technique: A Gentle Approach to Integrated Movement* by Charles Stein. *Three Musicians Talk about the Alexander Technique*, originally printed in the *Double Reed News*, August 1993, recently reprinted in the *Int'l. Double Reed Society Journal*, June 1996.

BOOKS: *F. M. Alexander, Articles and Lectures*, 1996. *Skill and Poise, Collected works of Raymond Dart*, 1996. *BODYWORK* by Thomas Claire, published by William Morrow and Co. 1995 - excellent chapter on the Alexander Technique, a gift from Debby Caplan.

VIDEOS: Marjorie Barstow in Australia, January 1986

SLIDES: Set of slides of F.M., available for members to borrow to use in presentations.

Related Articles, Books and Videos - New to the ACAT library
ACAT's subscription to the journal *Alternative Therapies* starting with the March 1996 issue which includes the article *Reflections on Reality, Healing, and Consciousness* by CD Bessinger Jr, MD, MS, FACS. *When the Teacher is Ready ... The Student Will Appear* by Tim Lautzenheiser, FANFARE. *Research supports the Existence of A Craniosacral System* by John E. Upledger. *Clear Seeing Ahead* by Eleanor Richard, MFCC, 1995, about the Bates Method. *Precautions for Practitioners Seeking Overseas Work* - a page of tips from *Massage & Bodywork Quarterly*, Fall 1994.

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