

HARP NOTES

Newsletter of the Australian Therapeutic Harpists Association

Calendar of Events:

ATHA Discussion Group

- Meets online third Tuesday evening of each month.

ATHA Improv Magic

- Meets online 1st Monday of each month.

IHTP-AU

- Module 1 April - November 2022

NSW Therapeutic Harp Weekend

- October 27-30, 2022

New Zealand HarpFest

- 3rd-6th February 2023, Auckland NZ

IHTP-AU

- ESM June 2023

***See inside for all details*.**

Recent graduates.

Angelika Smales - THTP

Congratulations!



President's Report

Hello harp-lovers,

Welcome to the latest addition of Harp Notes. Our wonderful Treasurer, Kerryn Viner, has once again brought together a wonderful array of articles to entertain and inspire you!

We had some changes to the committee at the AGM in October. Christine Middleton stepped down as President. Fortunately she has not stepped too far, remaining on the committee and generously sharing her time and enthusiasm while working on a number of portfolios. As the new President, I have big shoes to fill! The fabulous Anna Muller stepped down as Vice President in 2021 and Glenda Underhill bravely put her hand up to take on the roll. Jenni Sawell is already shaping up to be a wonderful new secretary. Kerryn has continued in the role of Treasurer (hooray!) and dedicated committee members Vimukti Warr and Carol Booth have continued to bring their wide-ranging

expertise to the group as committee members. We have welcomed two new faces, with Lyn Johnson and Rachel Gellert joining the committee. Welcome ladies! A big thank you to Nicky Lock, who stepped down from the committee in 2021 after greatly contributing to the development of ATHA documents and processes.

It is very exciting to see a major therapeutic event being planned for October this year. 'The Healing Space' gathering will be held in the New South Wales town of Hill End on the 27th, 28th, 29th and 30th of October this year. Presenters will include Verna Lee Brown, Martyn Cook, Gwenda Davies, Kim Deacon, Mary Diggins, Peter Swain and Jenni Sawell. You can find further details in this newsletter. Although ATHA is not running this event, we are very happy to be providing support.

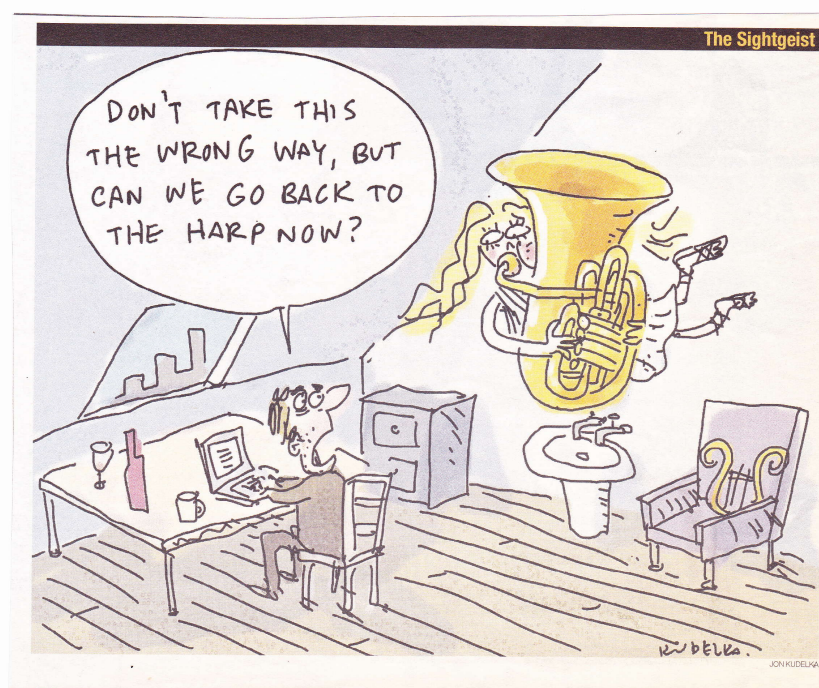
The committee is brainstorming to find ways to support our members through these strange times. Our Improv Magic and ATHA Discussion Group zoom gatherings started up again this month. It has been lovely to see everyone again. If you have any thoughts or ideas to share with us, please do get in touch!

Happy harping!

Catherine Lyons-Nash

President

Australian Therapeutic Harpists Association



ATHA State Rep Reports

ACT

ICU is conducting a study on the effect of harp in ICU. The study is commencing soon.

Staff days are going well and may be increased.

I hope to get the mentor program Re-established this year – Alison Ware

VIC

Sadly, Aged Care in Victoria is increasingly becoming more reluctant to have therapeutic musicians return.

I was at Mercy Care for 6 years. I have been told that down to budget restrictions they have had to let go of my services.

Aurum has reduced my days to one a month.

Villa Maria CH has not responded to my emails and phone calls.

Calvary Care is the only place where I have been shown to return on a twice monthly basis.

The tightening budget is to blame, as well as lack of understanding of the work we do. Management is constantly changing and one has to read explain ones work constantly.

Needless to say I feel quite disheartened at the moment. – Carla Whitely

Epworth Hospitals aren't having us back until the volunteers are allowed in June. - Kerryn

NSW

Plans for 'The Healing Space' Therapeutic Harp weekend in Oct 2022 at Hill End are progressing well.

Application forms have been distributed via email to HSNSW members, and advertised in the HSNSW Newsletter. Advertising is on the ATHA website.

Three applications have been received to date. A disappointing response so far. Reminder emails will be sent again shortly.

It is felt that the current situation with Covid is playing a part in people's reluctance to book in just yet. – Jenni Sawell

SA

Arts in Health at Flinders Medical Centre continued to offer their services through the pandemic, therefore Lyn Johnson continued to provide harp therapy to patients and staff at the hospital and hospice. SA Health regarded Arts in Health as 'essential' during the pandemic lockdowns, which is recognition of the value of our work. I hope in the future other state health departments follow suite.

The format for providing meditation to staff is in a state of change as we attempt to make it more broadly available to staff across the hospital. Lyn is trialling mindfulness meditation sessions through a staff booking system whereby staff can book for session's online, or face-to face at a suitable room within a ward, or in the chapel. The Cancer Wellness Centre, at FMC ceased Arts in Health activities for outpatients for a while during Covid, however, it is once again inviting us back to provide services for cancer outpatients. Lyn plays in the waiting area, the Cancer Infusion Suite, and offers meditation with harp music for any patients and carers who wish to participate. - Lyn Johnson

TAS

Therapeutic Harp in Hobart

I have completed my volunteer application process for the two Calvary hospitals in Hobart and they are very welcoming and supportive of therapeutic harp music at both sites. I am offering several dates in the lead up to Christmas and then I'll negotiate times for 2022.

Over the last couple of weeks I have had experience playing in foyers, waiting areas, wards and the rehab gym at one of the hospitals.

Comments have included 'beautiful', 'so relaxing', 'thank you', 'please come back', and that's just from the staff! Visitors and patients are also happy to see a harp and to have beautiful music played for them. Two ladies anxiously waiting for their appointments sat with their eyes closed and soaked up the sound.

I'm looking forward to more music sessions to help calm and soothe patients, staff and visitors at this busy and uncertain time, as we head into borders opening this week.



At Calvary Hospital Lenah Valley, Level 1 wards

The Quiet Zone

In November I co-hosted 'The Quiet Zone' sound and well-being session with ATHA member Kathy Stephenson. We incorporated harp, singing bowls, mindfulness and meditation into a magical 90 minute session at the Hobart Breathing Space.

Participants enjoyed a chance to unwind after a busy week and eased into the weekend with a 'warm, light feeling'.

We are planning more Quiet Zone sessions in the new year, once per month February to May.

Then looking at taking the sessions to workplaces during the winter months.



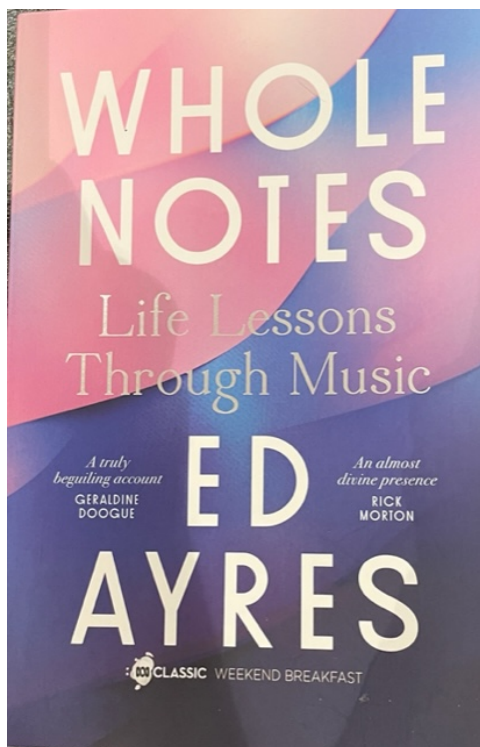
The Quiet Zone at Hobart Breathing Space

Thank you for the opportunity to share with ATHA. Helen

Recommended Reading

'Whole Notes, Life Lessons Through Music'

By Ed Ayers.



Late last year I was reading this book and wondering about alerting our ATHA members to it as it was so moving, and funny, and spoke the truth about the value of music in our lives. At the same time Bernadette O'Rourke was wondering the same thing and an email arrived in my Inbox.

This beautiful book is an autobiography. Published in September 2021 it contains interesting stories and musings about this man's life- long journey as a musician. He talks about learning various instruments, the art and discipline of practice, being a music teacher, and how learning about music has helped him understand and navigate the processes we move through in life, including his own transition from being a woman to a man.

There is also a fabulous list of music for suggested listening that accompanies the chapters of the book.

We highly recommend it!

Kerryn & Bernadette



The Healing Space

An exploration of different healing modalities including
harp, voice and sound therapies



Thu 27th-Sun 30th October 2022

We warmly invite you to attend a therapeutic and educational gathering to be held in the historic town of Hill End, NSW, approximately 4 hrs drive west of Sydney, and just over an hour's drive from Bathurst airport.

Presentations and workshops will cover a wide range of topics such as sound therapy, harp and voice, lullabies and laments, improvising, practical applications of music theory, storytelling and music collaborations from Traditional, Celtic and Indigenous cultures.

All levels of harpists welcome.

The Presenters and their topics in brief:

Verna Lee Brown – Combining classical theory and developing it into your own improvisation style.

Gwenda Davies – Sensory awareness, improvisation and the inner child.

Jenni Sawell - Self-therapy and creating a meditational space.

Kim Deacon – A personal harp journey and public concert.

Mary Diggins – Lullabies and laments: The power of creative ritual to give expression to the spiritual journey.

Martyn Cook & Peter Swaine - A collaboration of didgeridoo and harp: an exploration of vibration therapy and tonal resonance.

Sponsored by:

Australian Therapeutic Harpists Association
<https://www.atha.org.au/>



Supported by:

Hill End Arts Council
National Parks and Wildlife Service
Harp Society of NSW

Registrations NOW OPEN

For Application Form and all enquiries please contact:

Jenni Sawell: butterflyharpist@gmail.com Ph: 0429 923 903



Interactive Online Presentations
 3:30 ~ 5:30 pm AEST
 *AEDT October & November

DATE 4th Saturday	TOPIC	PRESENTERS
Sat April 23	Warm-ups / Intro to Modes / Ionian Mode	Louise Bell
Sat May 28	Dorian & Aeolian Modes	“
Sat June 25	Lydian & Mixolydian Modes	“
Sat July 23	Phrygian & Locrian Modes. 4th Octave Overtones	“
Sat Aug 27	Therapeutic Harp with Animals	Vimukti Warr & Alison Ware
Sat Sept 24	Kirtan & Bhajan	Vimukti
	Harp + Voice	Louise
Sat Oct 22 *	Middle Eastern & Pentatonic Modes	“
Sat Nov 26 *	Meditation & Reflection ~ Play Time ~ Sharing ~ Q & A ~ Conclusion	Anna Müller Vimukti & Louise

These presentations are included in the fee for 2022 students. For Module 2 students and graduates seeking refreshers, or other interested harpers: AU\$20 per session, or \$135 for all 8.

Please email Vimukti: info@harptherapycampus.com.au





International

Harp Therapy Program

Australia

News Flash !!!

We are totally delighted
to announce that **Christina Tourin**
will be tourin' Down Under in 2023!!!!

[Borders & Covid permitting of course]

~ *Live attendance Modules 1 & 2* ~
~ *Between Easter & June, dates TBC* ~

An exceptional in-person experience complementing our online program. Picture yourself in beautiful peaceful rural Guildford, Victoria, for soulful connection and deep study with fellow student and graduate Harp Therapists, and the wonderful founder of IHTP. Graduates are welcome to join one or both Modules to refresh their skills & receive CEUs. We'll also have a concert, general skills day ~ and an inspiring time!



Please email Vimukti: info@harptherapycampus.com.au

Harp Workbench

By Brandden Lassells

As a service to the subscribers of this newsletter, Brandden Lassells of Harps and Harps will answer questions you may have pertaining to the making, maintenance or repair of harps.

Question: With so much rain and high humidity, should I be concerned about my harp?

Actually, low relative humidity or dryness, is more of a problem with wood harps than high moisture content. Wood will gain or lose moisture to be in equilibrium with the surrounding air. When the air is humid, the wood swells as it gains moisture. When the air is dry, the wood will shrink as it loses moisture. This process can happen rapidly especially with thin cross sections of wood as in the soundboard. If they get too dry they can shrink and crack. Wood is weak in tension, that is when it is shrinking, something has to give and cracks can occur. It is stronger in compression, that is when expanding but in extreme cases it can buckle. So it is the low humidity situation that is a greater concern.

Essentially all the movement due to humidity occurs across the grain which for a harp soundboard means top to bottom. It is not too uncommon to see soundboard cracks going across the soundboard, side to side. This is due to the harp at some point being in an environment that was too dry. This is common with antique harps which have often been stored for extended periods of time in an uncontrolled humidity situation. Quality harp makers would have conditioned the free standing wood used for the soundboard to a low moisture content prior to shaping it and attaching it to the soundbox. This is done in order to minimise future dryness cracking.

An advantage of laminated soundboards is that since it is made up of multiple layers of wood glued together with the grain direction perpendicular to each other this makes them much less vulnerable to dryness and shrinking problems. Veneered soundboards such as found on most modern pedal harps can hide any minor dryness cracks. The veneer can also help strengthen the soundboard and help minimise cracks.

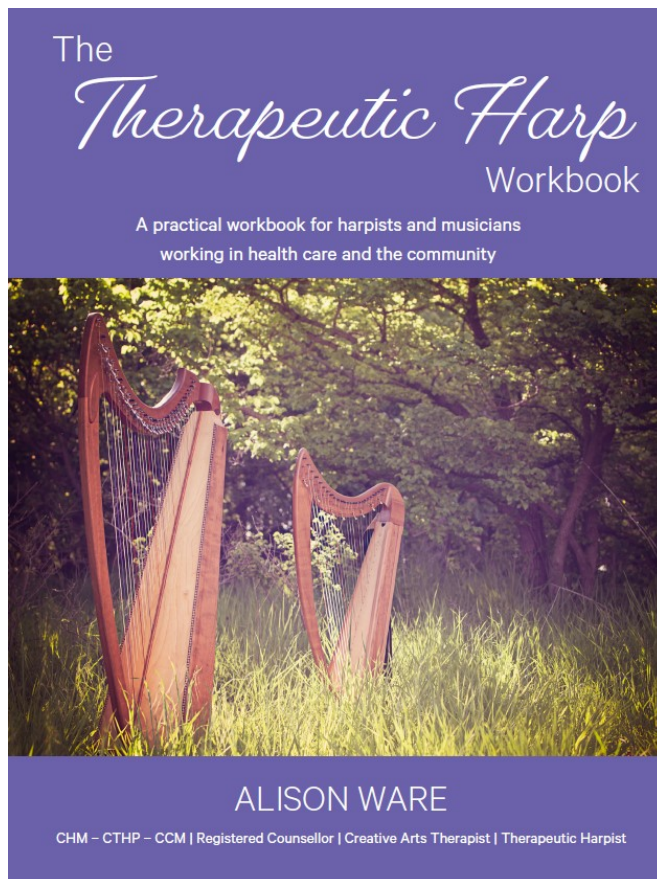
The recommended safe range for a wooden instrument is between 40% and 60% relative humidity. The only way to be sure of the relative humidity is to have a hygrometer (humidity gauge) close by the instrument. The environment where your instrument lives can be tempered with either a room humidifier or dehumidifier if needed. Most areas of the Australian seaboard do not usually create an excessive humidity problem of concern.

Other than dry inland areas, two scenarios can cause the air to be too dry. In winter the use of heating systems/wood stoves and in summer air conditioned air is very dry. If your harp's environment is too dry you can either use a room or whole house humidifier or keep your harp in its case with a case humidifier.

Excess humidity can be a concern. If the soundboard gets too moist and tries to expand, it can respond by warping and lifting at the edges. Other than affecting the wood, high humidity can cause other problems. High humidity and salt air within 40 km of the coast can cause the hardware such as tuning pins and lever parts to rust or corrode. Corrosion on the lever frets can cut into the string and shorten the string life. We use "Penetrol" and 0000 steel wool to remove and prevent this happening.

Questions and comments for future "Harp Workbench" column of this newsletter can be addressed to the editor, Kerry at; beached@me.com or to Brandden. Brandden Lassells is the proprietor of Harps and Harps, home of the light weight all carbon fibre harps. Brandden can be contacted on (07) 4125 8393, 0419 692 286 or through his website www.harps.com.au

Therapeutic Harp Workbook



The Therapeutic Harp workbook is an Australian offering that is a practical guide to Therapeutic Harp.

Drawing on 14 years of clinical experience working in Australian Healthcare facilities Alison provides guidance and suggestions for all musicians wanting an insight into the deeper aspects of playing in a therapeutic style within health care and community environments.

By using case studies, practical strategies, journaling and art activities, this workbook will assist and further develop your understanding of therapeutic harp. Topics include what is therapeutic harp; finding a training program; self-care; professional practices; musical development; artistry and explores the spiritual aspects of playing music at the bedside of the ill. Also included are inspirational stories from other Australian therapeutic harp practitioners.

The Therapeutic Harp workbook encourages you to dream big as you create and develop a new way of offering your music.

This book is available in hard copy and e-book from on-line booksellers or by contacting Alison at info@harpcare.com.au

Many thanks to all contributors to this edition of 'Harp Notes'.

Enquiries about ATHA can be directed to;

Catherine Lyons-Nash - President clyonsnash@hotmail.com

Jenni Sawell - Secretary butterflyharpist@gmail.com

Kerryn Viner - Treasurer. beached@me.com

*Australian Therapeutic Harpists Association***MEMBERSHIP FORM**

Membership is for a Calendar Year running from 1st July to 30th June

PERSONAL DETAILS

Title: _____ Name: _____ Surname: _____

Address:

Email:

Mobile Phone No:

Application & Declaration

I hereby apply to become a member of the Australian Therapeutic Harpists Association and as such declare that I am committed to the objectives of the Association. I declare that I meet the requirements for the type of membership that I have applied for and if applying for full membership I declare that I will comply with the ATHA Ethics Statement, professional development requirements and hold appropriate professional indemnity insurance. If requested to do so I will supply evidence of my professional development activities and insurance.

I give consent to being photographed at any ATHA event and accept that photographs may be displayed in advertising, on the website or on social media. (ATHA will use due discretion when displaying such photos).	Yes / No
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Signature _____ Date: _____

PAYMENT DETAILS: *please circle the payment you will be making*

Full Member	Graduate of approved therapeutic harp training program	\$90
Associate Member	Students undertaking an approved harp training program	\$45
Friends of ATHA	Anyone interested in the practise and promotion of therapeutic harp	\$35

Donation	Donations are very welcome to support the work of ATHA Thank you for supporting the work of ATHA	\$
Membership is from 1 July to 30 June. Due date of payment is 1 July.		Total

DIRECT PAYMENT - can be made into the ATHA bank account from your bank, credit union or building society account

Bendigo Bank
Australian Therapeutic Harpists Incorporated
BSB: 633000
Account No: 163189897

****Remember to put your SURNAME in the payment description when transferring monies for easier identification**

Membership fee \$ _____

Donation \$ _____

TOTAL PAYMENT \$ _____

WHEN COMPLETED, please scan or photograph the completed form and forward to the Membership Secretary membership@atha.org.au or 0419 526 550.